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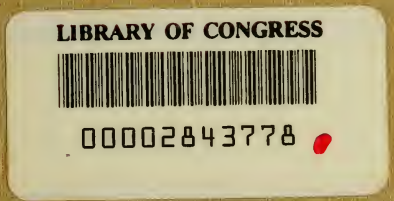

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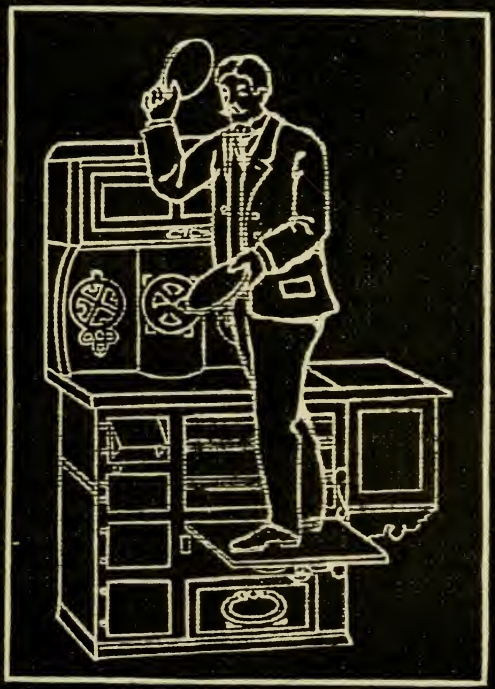
Monarch

COOK BOOK



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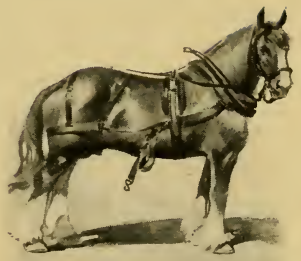
The Range That Saves



A range is something like a horse—

You pay so much for a horse—its feed and keep amount to so much a year. And you get so much work from it and it lives so long.

You pay so much for a range—its fuel and repairs cost you so much. And you get so much cooking from it—and it lasts you so long.

The most expensive item about either a horse or a range is not, usually, the first cost—it's the yearly feed and fuel bill.

It isn't the cheapest horse that costs, say, only $25, eats its head off in a year and then goes sick and dies.

Any more than it is the cheapest range that costs, say, $25 and burns up fuel like sixty and then goes all to pieces.

No, sir, the horse that's worth the most is the one that will drive easiest—that doesn't soon tire out—that has no bad tricks—that can be relied on—that has a small yearly feed bill—is healthiest and lives longest.

And the best range is the one that will stand the hardest usage—will use the least fuel—that can be perfectly controlled—that will last the longest.

In short, the best horse or the best range is that which will do the most work at the least cost.

Now, what is a range?

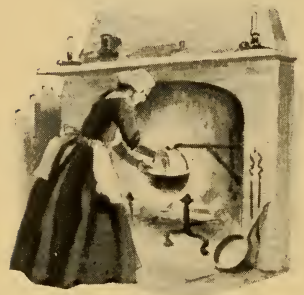
It is simply a cooking contrivance consisting of a top and an oven—heated by a fire in a fire box.

Copyrighted, 1906, Malleable Iron Range Co., Beaver Dam, Wis.

Just as a locomotive is best that can convert the most Energy from the coal it uses into Work with the least loss.

So is a range best which can convert the most Heat of the Coal it uses into Cooking Power with the least loss.

Years ago they had no ranges.



Years Ago

They cooked over an open grate or fire.

It was a good thing that fuel was cheap in those days because this fire had to heat the outside air as well as the dish it was intended to cook.

Yet to a certain extent these conditions hold good today.

For there are many ranges are so constructed that they convert all the Heat of the coal use into Cooking Power—they do a lot—not because they are as open as the old fashioned open grate but because they are letting in the outside cold air into the oven through nearly every joint and seam—through imperfectly closed openings at the oven door—the draft door—the ash pan door.

They lose heat in a range just as you lose heat in a bath tub if you turn on the cold water as well as the hot water tap.

Hence there's a waste in fuel—

It may not seem much—you maybe won't notice it at first.

But by-and-by you will notice that things don't cook as well in your oven or on top of your range as they did at first—

You have to keep turning dishes in the oven—and you have to put such a fierce fire on that you get the top and front of your range red hot—in order to have things cook properly.

We have on record well authenticated cases which show that these "loose jointed" ranges will waste about $24.00 worth of fuel in a year.

That's a Conservative or average record.

At the very least, in sections where fuel is most cheap it is safe to say this waste would amount to $12, anyway.

Remember that's waste and not the entire fuel bill—

That $24 waste must be figured into the cost of the stove—

If you pay $40 for such a range it means that the first year it costs you $64.

But the "trouble" doesn't stop at just waste and unsatisfactory ...ng. The material in these ranges may either play out—or ...teriorate that you waste not $24 but $48 or more per year.

In other words, your range may play out altogether in from ...o five years—for that's the history of this kind of range.

Now certain ranges are not Fuel Wasters and Short Livers ...because we or anybody else say they are.

The fault lies in the material they're made from and in the ... they're put together.

The materials that produce the most of these leaky ranges ...ually the sheet steel and Grey Iron—the most common ...ial used in making stoves.

Iron—the Commercial Metal is made from the element Iron ...ontains other elements such as graphite, silicon and carbon.

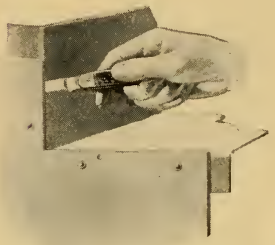
The amount of carbon an iron contains and the way it is ...ked determine its character and the uses to which it can be ...d.

The more carbon an iron contains, the more brittle or easily ...kable will it be and the more readily will it be affected by heat.

Grey Iron contains a high percentage of Carbon—

You can't hammer Grey Iron—it would break.

And that's where the trouble comes in in the ordinary sheet steel and Grey Iron Ranges.



The Knife Test

For in these stoves, Joints have either to be bolted with a thread bolt and screwed together or else riveted.

Then these joints are plastered with stove putty to make them air-tight. Just run the blade of your knife some time into the joint of the oven where the stove body and oven come together—you can dig the putty out—

Once you put that range in use—the alternate heating and cooling causes the metal to expand and contract.

The nut on the thread bolt soon works loose—the seams open between the rivets—the stove putty drys up—and sometimes drops out. This takes place in every joint in the stove whether bolted or riveted.

There you have your "air leaks" in every joint to waste fuel—to cook unsatisfactorily—to worry you. To get worse every day until you can no longer use the stove.

Malleable Iron Range

But Sheet Steel used in combination with Malleable Iron can be made into a perfect range, if the range be properly constructed. This stove is known as the Malleable Iron Range.

Malleable Iron is about the only metal that can stand the extremes of heat and cold without undergoing any serious amount

of contraction and expansion—and Malleable Iron, unlike Grey Iron, can be hammered with great force without being broken—

Malleable Iron

For the most pronounced difference between Malleable and Grey Iron lies in the percentage of Carbon each contains.

Grey Iron contains a high percentage of Carbon.

Malleable Iron in its finished state is practically free from Carbon.

It has a close, dense, compact texture.

It is tough.

It can be worked under the hammer cold.

It is unbreakable.

It will stand the fiercest heat.

When heated red hot you can throw water on it without affecting it in the least.

If made into furnace Grate Bars Malleable Iron will stand the hot blast of an air blast furnace for two weeks.

Grey Iron bars would not last out more than two days.

Annealing Pots made of Malleable Iron can stand the tremendous heat to which they are subjected for from nine to fifteen heats.

Grey Iron pots would not last more than three heats.

For these reasons, Malleable Iron is peculiarly fitted for those parts of a range which have to resist the strains of heating and cooling—such as the top—anchor plates and covers—and the range frames.

And Malleable Iron is especially fitted for those parts of a range that must be riveted air-tight—for it supplies an absolutely rigid and non-impressionable base to which the other material of the range, i. e., the sheet steel, can be riveted tightly and solidly.

Hence, if properly constructed—all the joints and seams and all the openings in a Malleable Iron range, such as the oven door—the fire door—the draft door—the ash pan door—the back flue, etc., can be made practically air tight.

But not all Malleable Iron Ranges are air-tight and controllable, however.

Maybe because their makers do not see the tremendous importance of making their stoves air tight.

Maybe because it costs too much.

At any rate, there are many Malleable Iron ranges that look like pretty good stoves—but they will suck in the cold air from the outside through a defective shutting ash box—an open shaker hole—a loose damper—or an ill-fitting loose construction somewhere.

These kinds of Malleable Iron Ranges are very little, if any better than an ordinary old fashioned Steel Range with Grey Iron top for they waste fuel just as badly.

In the Monarch Malleable Iron Range alone is this splendid material—Malleable Iron—largely used—with the best quality sheet steel—i. e., Wellsville Polished Steel to make a perfect range.

There are no "Air Leaks" in the Monarch. It is practically "air tight"—Body—Fire Box—everywhere.

The Monarch saves fuel—it keeps in perfect condition for years with reasonable use.

Construction

Now, here's the way we make a Monarch tight—to stay tight—

Here's the way we prevent "air leaks" that waste your fuel—ruin your temper—spoil your bakings—and cost you lots of money.

Here's the way we make a range that you can control perfectly—have your fire as hot as you want in 5 minutes or banked down in an equal time.

Here's the way we make a range that, with reasonable care, will cook as well fifteen years from now as it does today—

First, Madam Housekeeper, we want to ask you what was one of the things you most dreaded about your ordinary sheet steel range—

Keeping it clean, wasn't it?

Unless you gave it a hard, back breaking rub every day—your range looked dirty, unkempt and repulsive—

Made your whole kitchen look untidy, didn't it?

You couldn't bring your friends into your kitchen unless that range was cleaned every day.

The hard work of cleaning the ordinary range

Then when you did clean it the black lead was pretty sure to get on your pots and pans and increase your work keeping them clean—

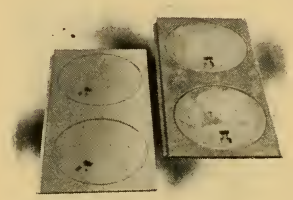
Well, you won't have any such trouble with the Monarch.

For the top—i. e., anchor plate and covers—is of Malleable Iron, polished bright as a well-worn steel rail. After the first use, the anchor plates and covers turn a deep blue color. The top of the Monarch requires only a little rubbing with a cloth once a day to keep it clean and bright. There's no back-breaking polishing and rubbing with the Monarch as you have to do in ordinary ranges.

The housewife can show the Monarch to her friend at any time with pride and pleasure. It makes her kitchen look clean and inviting.

Then the top of the Monarch is lighter in weight than an ordinary grey iron top.

A lighter and more close grained metal will transmit heat more quickly and with less loss than a thicker metal.



The difference between the Monarch Polished Top and the ordinary top

Now, fully four-fifths of the household cooking is done on the top of a range.

Therefore, a top that will heat more quickly and conduct more heat with less loss will save fuel—see the point?

And it will do more—it will save your stove's fire box—lengthen the life of your stove.

These are some of the points of superiority of the Monarch's Malleable top—over others.

Still another is its strength.

You can strike two of the covers together but they won't break—

Strike two Grey Iron Covers together and you'll have to buy a new pair.

The Frames in the Monarch are of Malleable Iron—

The top frame that binds the body of the stove together and each of the frames around the Oven Door—the Ash Door—the Pouch Feed—the Warming Closet opening—and at the back of the Oven, etc., form an absolutely rigid base to which the steel can be riveted—a base unaffected by the extremes of temperature

and all these Malleable Frames are riveted tight and solid to the Body, making a practically air-tight construction everywhere.

Now, this is the way the frames are riveted around the Body openings—

A flange of this frame projects inward to cover the Steel of the Body—that's how we do it.

That's why we don't need to use an ounce of Stove Putty in a year in Monarchs.

That's why there are no thread bolts or steel riveted to steel to work loose and open up joints all over the range.

The Range Body

The body of the Monarch is made of 18-gauge Wellsville Polished Steel—the best and handsomest steel manufactured.

This Body remains for years, with a little care, a handsome deep blue color.

Other makers charge extra for a Wellsville Polished Steel Body—this is a tacit admission that it is better than any other material for Stove Bodies.

A Wellsville Polished Steel Body is far superior to a painted body—a painted body has to be repainted—it always looks gummed—it turns brown—accumulates lint and dust and can never be repainted successfully.

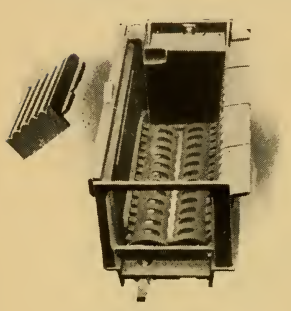
The Asbestos Lining

The Body of the Monarch is lined with Asbestos riveted to a sheet of steel.

This steel is in turn attached to the body—and the Asbestos is exposed to the superheated air in the flue passing over and around the Oven.

The Asbestos reflects the heat onto the Oven where it is needed.

In ordinary ranges where the Asbestos is for the most part covered with steel—the steel absorbs the heat, taking it away from the oven.



The Monarch Firebox

The Asbestos lining in the Monarch can be readily removed if it should ever be necessary to do so.

And since it is not riveted to the right side of the Range Body it does not mark up the Range Body but leaves it smooth and attractive—

It must not be supposed from this that all the heat in the Monarch is contained in the range—that the Monarch will not heat the kitchen if so required.

Far from it.

The Monarch Top will heat even better than the Tops of other ranges—

And if you want a fine warm floor just open the warming closet door—

You will have more heat than you could get from a base burner.

The Firebox

Does it take about an hour to get up a cooking fire in your range?

And when you are through with it, does it take about an hour for it to "slow down" again?

That's the trouble nearly every one experiences who has an ordinary range.

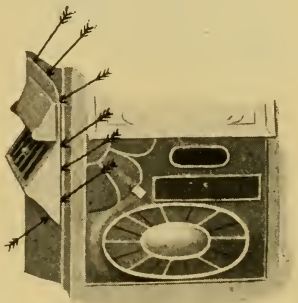
And it's caused by a leaky fire box—one that you can't control.

You see in ordinary sheet steel ranges with Grey Iron Tops and in most Malleable Iron Ranges there are many places where the outside air gets into the Fire Box.

Maybe through the long draft damper that is regulated by a slide at the left side of the range—

This damper is usually merely a cast plate bolted to the steel body—(it can't be riveted because it would break)—

The bolts work loose through this expansion and contraction of the metal and an opening is formed between the frame of the draft plate and the steel in the Body for air to get in—even when the damper is shut.



Where the ordinary damper leaks air

Then, air gets in through the opening allowed for the grate bar to come through for shaking and dumping—through the bolted and puttied Ash Box opening or front Damper—or the Ash Pan opening or where the Ash Pan pulls out Door and all—for this kind of Ash Pan invariably slides up on the Ashes when being returned and leaves a "gap" in the opening to let in air.

When you can't shut your Fire Box off perfectly and tightly, you are using Fuel when you don't want it—therefore you're wasting money.

With a Monarch you can have a fire whenever you want it—

It responds almost as quickly as the fire in a gas stove.

And when you're through with it, you can bank it down in very nearly the same time that it takes to turn out a Gas Fire.

For you have perfect control of your fire in the Monarch fire box—because it is practically air-tight—

No air can get in anywhere—for the Feed Door, the Ash Door and the Duplex Draft opening are all riveted tight and solid to a Malleable Iron Frame—

And the opening for the Grate Bar is closed with an Indicator which tells whether the Wood or Coal Side of the Grate is in use.

Then the Fire Box of the Monarch has proven in thousands of instances that it won't crack—burn out from heat or be eaten out by smoke, acids and gases like ordinary range Fire Boxes.

The Linings are made of extra heavy castings—for the strain on the Monarch Fire Box is so slight that we can use castings—they're cheaper than Malleable Iron. The back wall of the Fire Box is perpendicular and in 4 pieces to provide for heat expansion. It is also corrugated to prevent a solid contact with coal.

Then there is a liberal space between the back of the rear wall of the Fire Box and the front of the oven and the front lining of Fire Box and left end of Range Body to enable the circulation of air and so prevent burned-out linings.

* * *

Did you ever try to burn wood on a Coal Grate?

You weren't very successful, were you?

For, usually, the wood grate has smaller holes in it than the coal—Therefore it won't burn coal readily.

In an ordinary range you couldn't tell, however, which you were using—wood or coal grate.

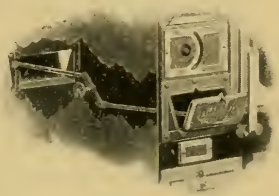
But in the Monarch you can tell every time by the Indicator—outside on the Range Body next the grate shaft for shaking and dumping.

The Grate Indicator

But the Principal feature of the Monarch Fire Box is the Duplex Draft.

You know the difficulties of the Ordinary range draft—

It is either at one end of the Fire Box and makes an uneven fire—hot towards the draft side—cold towards the back of the stove.



The Duplex Draft

Or it is across the left side of the stove and leaks air, as we have seen.

There's no uneven fire in the Monarch—no "air leaks"—

Simply an absolutely uniform fire from one end of the Fire Box to the other—and that's due to the Duplex Draft.

The Duplex Draft is a draft at the front and back of the Fire Box.

You pull a handle and both back and front drafts open simultaneously—then you shut them up in the same way.

The big advantage of the Duplex Draft is in the fact that it sends an even flow of heat the entire width of the stove to envelop the Oven.

The Oven

Does your oven cook more quickly on one side than on another—do you have to keep turning your roasts around so's to have them browned uniformly?

The construction of the ordinary oven

Is your oven slow—do you have to put on a roaring fire to have your Food cooked at all?

Do you know what's the matter?

Either a leaky oven with nearly every joint letting in cold air—or else the trouble's caused by the one sided flow of hot air from the fire box from the one-sided damper.

Now, we know how this one-sided heat is caused.

You see, the ordinary range oven is fastened to the Body by simply turning over or flanging the Steel and riveting it to the Body.

This joint then has its "liberal allowance" of Stove Putty—to hide the crack underneath.

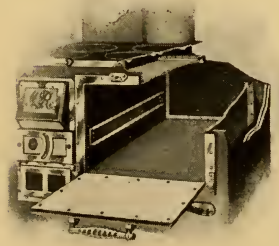
After a few heatings and coolings the Stove Putty shrivels up and there is Mr. Crack letting in the cold air to beat the band.

* * *

You can place four potatoes of equal size in each corner of the Monarch Oven and one in the center and at the end of a certain time they will be cooked uniformly.

Your roasts and bakings will be deliciously and uniformly browned.

You won't have to keep turning dishes and pans in the Monarch oven to have your food cooked uniformly.



Construction of Monarch oven

And you can do it on a minimum amount of fuel.

Because the Monarch oven is the only oven that has a perfectly uniform envelope of heat—due to the Duplex Draft.

And it is the only oven that does not leak air.

For the Monarch oven is riveted tight and solid to Malleable Iron frames both back and front.

The sides and top of the oven are 16-gauge patent leveled cold rolled steel.

And the bottom will neither warp nor buckle and cook your puddings crooked, for it is made of 12-gauge steel (about three

times as heavy as the material in same place in an ordinary range), reinforced by the Flue strip which is flanged and riveted to the oven bottom and the Flue bottom.

The top of the oven is braced with a Malleable Arch—this in turn supports the Anchor plates on the top.

You can place a wash boiler with 80 or 90 pounds of water on the Anchor Plates when they're hot and you won't spring them the fraction of a quarter of an inch.

The Monarch oven is absolutely rigid—two men can stand on the oven door—that will give you an idea of the splendid construction of the Monarch.

* * *

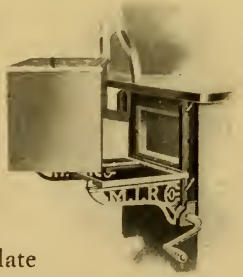
When you open the Monarch oven door your kitchen won't fill with smoke or cooking odors.

For the Monarch oven is ventilated.

The Reservoir

The Monarch is provided with a reservoir at either the right or left hand side of the range. The Reservoir at the left hand side is much better than the left reservoir used in any other range.

It is made of Copper—Nickel Plated —has a large capacity and heats by contact with a plate forming part of the Fire Box.

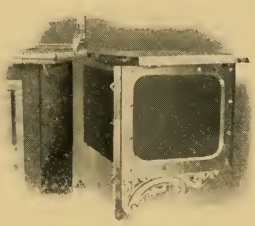


The left side reservoir

It is held firmly against this plate by its own weight—it is not simply pushed against the contact plate either by pinions or by hand as in other ranges —to become detached from the contact plate by vibration of the kitchen floor and not to heat. The Monarch reservoir has a close direct contact—it will heat water more quickly than any other reservoir.

Then it rests on movable brackets—which can be moved outward to break the contact whenever the water boils or "thumps."

The Reservoir on the right hand side is in contact with a Convex Plate, which we rivet to the side of the range. This plate is heated uniformly by the even flow of superheated air passing over and around the oven. There are no special reservoir dampers in the Monarch to rob your oven of heat or to get clogged with ashes.



The right side Reservoir

The Heating plate forms a part of the body and swells or bulges outward. The side of the tank is drawn tightly against the plate, forming a solid contact at every point and preventing air space between the tank and heating plate.

This reservoir has a malleable top flush with the top of the Range.

The tank is made of copper.

It is not connected permanently with the body of the range but is covered with a casing or skirting near it.

This casing or skirting is open at the bottom so that there is a free circulation of air to prevent the sweating and rusting common in all other "closed in" reservoirs.

The Waterfront

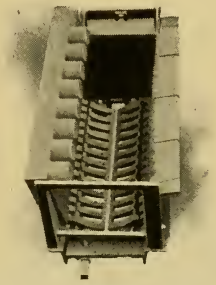
The Monarch waterfronts are made in three styles. We make a waterfront for ranges burning soft coal or wood.

This is known as the Pin Extension waterfront. It projects the water practically over the fire and presents a much greater heating surface than any other waterfront.

The advantage of the waterfront is that it will produce enough hot water when cooking meals to keep you supplied with hot water the whole day long—and it does not require a special fire to heat your boiler of water and waste fuel as in those stoves which are not equipped with the Pin Extension waterfront.

Then we have another waterfront for ranges using hard coal. This is of less heating surface, since a hard coal fire is burning most of the time, unlike soft coal or wood.

Then we make still another waterfront to accommodate a Pouch Feed—having a larger heating surface than that in any other range using a Pouch Feed.



The Firebox and Pin Extension Waterfront

Lower Flue Lining

The Lower Flue Lining underneath the oven which forms the top of the warming closet beneath the range is made of steel almost double the thickness used at this point in other ranges. This prevents any damage from Creosote eating the metal which is commonly experienced in other ranges.

The Warming Closet

The Warming Closet underneath the regular oven in the Monarch presents an absolutely dry place for storing cooking utensils and such articles as require care to prevent rust.

It will also give as good a heat on a cold winter morning as a base burner.

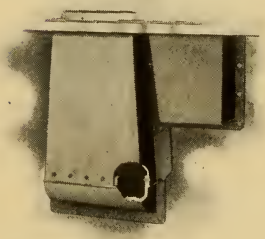
The Top Closet

The Top Closet is supplied with a roll door or two "drop forward" doors. The drop forward doors are Malleable, fitted to Malleable frames—they can easily hold a heavy load.

There is room for a large dinner to be kept warm in this Top Closet and a woman with it can handle many more cooking utensils about a Monarch range than she can in any other range.

The Shelf

The Shelf projecting at the right hand side of the Monarch is an article of great utility.



Monarch Back Flue with Malleable Bottom

It is made of Malleable Iron and will hold securely a boiler of water and as many flat-irons as the housewife can pile on.

This will be appreciated by those people who have had an ordinary Grey Iron Shelf break off under even a light load.

The Three Piece Damper

The "back" damper or damper at the Pipe Collar is made of only three pieces—and it fits perfectly and won't break. An advantage every woman will value who has had the bother and expense of an ordinary complicated breakable damper.

The Oven Thermometer

The Monarch oven thermometer is of the latest and most approved pattern.

By it the heat of the oven can be perfectly regulated—

You don't have to experiment or test the heat of your oven. There's no chance of having a hotter fire than you require—

Roasts that require a variable fire—hotter at first, then more moderate, can be cooked to a delicious perfection by means of the Monarch Thermometer.

Its accuracy saves Fuel.

The Fuel

There are no restrictions as to the kind of fuel to use in a Monarch—Hard Coal—Soft Coal—or even Lignite will burn perfectly and economically.

Wood, Cobs or other light fuels are used on the wood side of the Grate.

A Malleable Iron extension which is riveted tight to the back part of the fire box—not merely bolted to come loose as in other ranges—is provided where long wood is used.

The Way to Clean Out the Flues

Place the Ash Pan partly inside the warming closet.

Open the clean out door.

And you can take out all the ashes in the flues without getting any on yourself or in your kitchen—as you will have to do with an ordinary range.

The Ash Pan is provided with Ash Sheds—which direct the ashes into the Ash Pan, preventing them from dropping outside of the Pan.

The frame to which the Ash Door is hinged is higher than the bottom of the Ash Pit.

You can draw out the Ash Pan without littering your floor with ashes.

* * *

The Nickeling in ordinary ranges is mighty bothersome to keep clean.

It is so elaborate—has so many places to collect lint and dust that a housewife has to spend much of her time trying to clean it.

For if this nickeling isn't properly cleaned it makes the whole range look dirty.

Then another thing about ordinary nickeling—

It nearly always looks flat—its color has no depth to it.

In the Monarch that's all different.

In the first place the nickelings are all high surface.

Simply a rub will keep them clean—there are no places to collect lint and dust.

Then it's a much better and deeper color—for we do our nickeling better than that done on any other range.

It's a mighty handsome Range, take it all in all.

All in good taste—

An ornament to any woman's kitchen.

* * *

The Protecting Bar is made of special steel—don't be afraid of it—you can lift the stove with it.

* * *

The foregoing is a complete analysis of every part of the Monarch Malleable Iron Range.

It tells you why the Monarch is better than any other range made, in every individual part and in the complete range.

It shows why the Monarch will cook better—will give better satisfaction and will last longer than any other range.

And above all—since the Monarch is practically air-tight to stay air-tight, therefore perfectly controllable—this analysis shows why the Monarch saves fuel—the largest expense item in connection with a range.

Now, although the Monarch is vastly superior to every other stove—Malleable—Grey Iron—Sheet Steel, etc.

Although our range operatives are all specialists in their line of Monarch Construction, commanding good wages.

Although every bit of work is submitted to the closest possible inspection.

And although every ounce of Malleable material in the Monarch is tested by a drop hammer before being accepted for Monarchs—all items of cost that very few other range manufacturers have to pay—

Yet the first cost of the Monarch, that as we have seen saves Fuel and therefore Money, is very little more than that of the ordinary stove which loses or wastes on an average $24.00 a year in fuel.

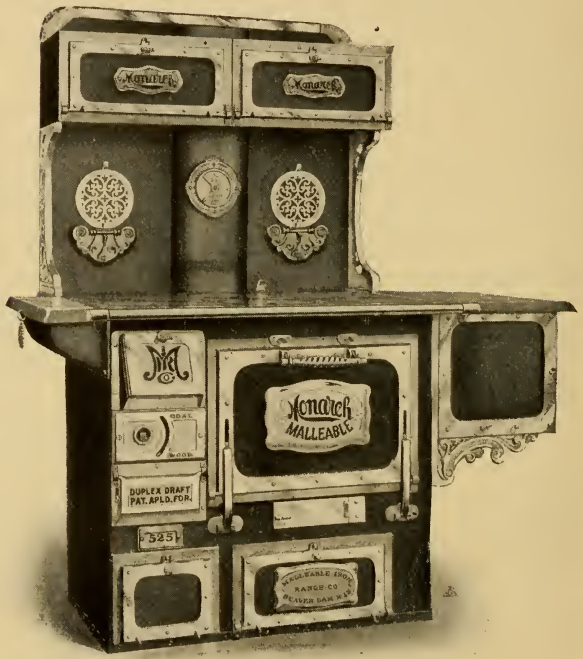
Thus, you see, if your income is moderate you can't afford to buy any other range than the Monarch.

Unless you have no regard for money and can afford to waste it you should secure a Monarch at your earliest opportunity.

Write us—The Malleable Iron Range Company at Beaver Dam, Wisconsin, and we will tell you where and how you can obtain a Monarch.

Do it today, won't you, please?

Monarch Malleable Range



Style A

For description see opposite page.

Monarch Malleable Range

Style A

DESCRIPTION.

Flush Contact Reservoir, 12 gallon capacity. (See illustration, page 16.)

Large Pouch Feed, especially adapted for soft coal, cobs or lignite.

Top Malleable Iron—Polished smooth.

Body and Closet are Wellsville Polished Steel.

Duplex Draft. (See illustration, page 13.)

Grate Indicator, showing which side of grate is turned for use.

All Ovens 13 inches high, 21 inches front to back.

Oven ventilated.

Openings cut for Waterfront, covered with malleable cap.

Firebox length from door to back end, 21½ inches. (See description, page 10.) Malleable Extension for using wood, 25 inches long, when ordered extra.

All Monarch Family Ranges pass easily through doors of ordinary width.

Monarch Oven Thermometer when desired.

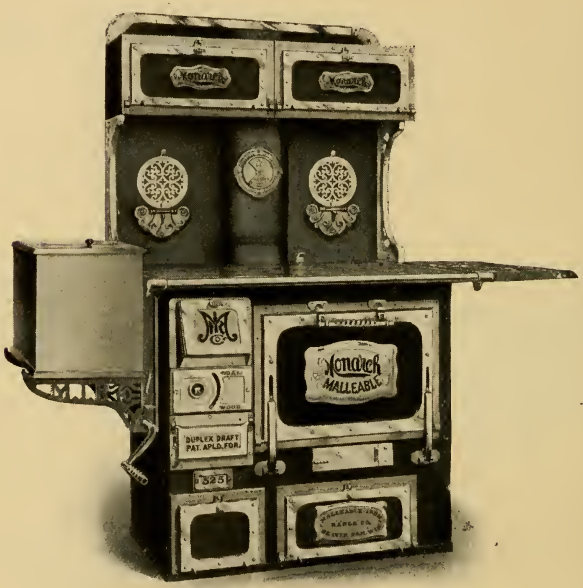
Style B—Same as Style A except with High Closet having Roll Door.

Style D—Same as Style A except without Pouch Feed.

Style E—Same as Style A except without Pouch Feed and with High Closet having Roll Door.

Numbers of Styles A, B, D and E	Number of Cooking Holes	Width of Oven	Cooking Surface
Sizes having 8-inch Covers: 225	4	15 in.	31 x 27
Sizes having 8-inch Covers: 325	4	17 in.	33 x 27
Sizes having 8-inch Covers: 425	6	17 in.	33 x 27
Sizes having 8-inch Covers: 525	6	19 in.	35 x 27
Sizes having 8-inch Covers: 825	6	21 in.	37 x 27
Sizes having 9-inch Covers: 625	4	17 in.	33 x 27
Sizes having 9-inch Covers: 725	6	19 in.	35 x 27
Sizes having 9-inch Covers: 925	6	21 in.	37 x 27

Monarch Malleable Range



Style G

For description see opposite page.

Monarch Malleable Range

Style G

DESCRIPTION.

Portable Gravity Reservoir, capacity 12 gallons. (See illustration, page 15.)

Top Malleable Iron—Polished smooth.

Body and Closet are Wellsville Polished Steel.

Duplex Draft. (See illustration, page 13.)

Grate Indicator, showing which side of grate is turned for use.

All Ovens 13 inches high, 21 inches front to back.

Oven ventilated.

Waterback for attaching to pressure boiler when required.

Firebox length from door to back end, 21½ inches. (See description, page 10.) Malleable Extension for using wood, 25 inches long, when ordered extra.

Malleable Extension Shelf to top, 7½x19 inches.

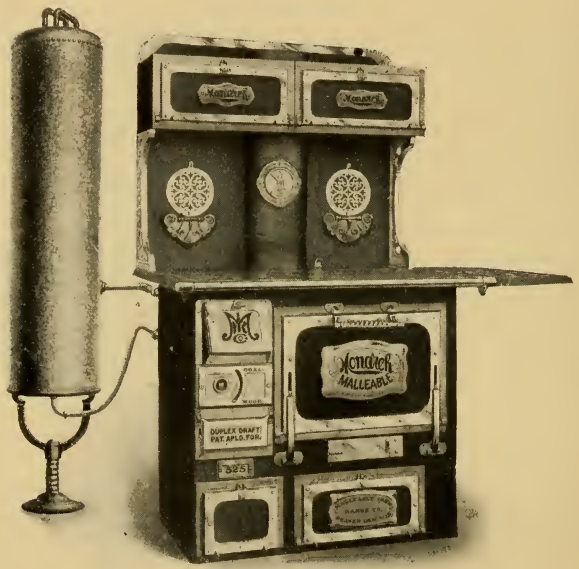
All Monarch Family Ranges pass easily through doors of ordinary width.

Monarch Oven Thermometer when desired.

Style H—Same as Style G except with High Closet having Roll Door.

Number of Styles G and H		Number of Cooking Holes	Width of Oven	Cooking Surface
Sizes having 8-inch Covers	225	4	15 in.	31 x 27
	325	4	17 in.	33 x 27
	425	6	17 in.	33 x 27
	525	6	19 in.	35 x 27
	825	6	21 in.	37 x 27
Sizes having 9-inch Covers	625	4	17 in.	33 x 27
	725	6	19 in.	35 x 27
	925	6	21 in.	37 x 27

Monarch Malleable Range



Style **N**

For description see opposite page.

Monarch Malleable Range

Style N

DESCRIPTION.

Top Malleable Iron—Polished smooth.

Body and Closet are Wellsville Polished Steel.

Duplex Draft. (See illustration, page 13.)

Grate Indicator, showing which side of grate is turned for use.

All Ovens 13 inches high, 21 inches front to back.

Oven ventilated.

Either Pin Extension or Plain Waterfront. (See illustration, page 17.)

Firebox length from door to back end, 21½ inches. (See description, page 10.) Malleable Extension for using wood, 25 inches long, when ordered extra.

Malleable Extension Shelf to top, 7½x19 inches.

All Monarch Family Ranges pass easily through doors of ordinary width.

Prices on these styles do not include pressure boiler.

Monarch Oven Thermometer when desired.

Style O—Same as Style N except with High Closet having Roll Doors.

Style K—Same as Style N but with Pouch Feed and Pouch Feed Waterfront.

Style L—Same as Style N but with Pouch Feed and with High Closet having Roll Doors.

Number of Styles N, O, K and L		Number of Cooking Holes	Width of Oven	Cooking Surfaces
Sizes having 8-inch Covers	226	4	15 in.	31 x 27
	326	4	17 in.	33 x 27
	426	6	17 in.	33 x 27
	526	6	19 in.	35 x 27
	826	6	21 in.	37 x 27
Sizes having 9-inch Covers	626	4	17 in.	33 x 27
	726	6	19 in.	35 x 27
	926	6	21 in.	37 x 27

Monarch Malleable Range

Style R

For description see opposite page.

Monarch Malleable Ranges

Style R

DESCRIPTION.

Large Pouch Feed, especially adapted for soft coal, cobs or lignite.

Top Malleable Iron—Polished smooth.

Body and Closet are Wellsville Polished Steel.

Duplex Draft. (See illustration, page 13.)

Grate Indicator, showing which side of grate is turned for use.

All Ovens 13 inches high, 21 inches front to back.

Oven ventilated.

Openings cut for Waterfront covered with malleable cap.

Firebox length from door to back end, 21½ inches. (See description, page 10.) Malleable Extension for using wood, 25 inches long, when ordered extra.

Malleable Extension Shelf to top, 7½x19 inches.

All Monarch Family Ranges pass easily through doors of ordinary width.

Monarch Oven Thermometer when desired.

Style S—Same as Style R except with High Closet having Roll Door.

Style V—Same as Style R except without Pouch Feed.

Style W—Same as Style R except with Pouch Feed and with High Closet having Roll Door.

Number of Styles R, S, V and W	Number of Cooking Holes	Width of Oven	Cooking Surface
Sizes having 8-inch Covers: 224	4	15 in.	31 x 27
Sizes having 8-inch Covers: 324	4	17 in.	33 x 27
Sizes having 8-inch Covers: 424	6	17 in.	33 x 27
Sizes having 8-inch Covers: 524	6	19 in.	35 x 27
Sizes having 8-inch Covers: 824	6	21 in.	37 x 27
Sizes having 9-inch Covers: 624	4	17 in.	33 x 27
Sizes having 9-inch Covers: 724	6	19 in.	35 x 27
Sizes having 9-inch Covers: 924	6	21 in.	37 x 27

Complete Triumph and Highest Awards at the Lewis and Clark Exposition, 1905

The first exposition at which Monarch Malleable Iron Ranges were ever displayed, was the great Lewis and Clark Centennial at Portland, Oregon, in 1905.

Dozens of prize-winning ranges of other makes from the Chicago and St. Louis World's Fairs were there. Over these, the Monarch Malleable received two gold medals and two diplomas. So strongly impressed were the Committee of Award with the superiority of the Monarch Malleable Range that they wrote us unsolicited the letter which we reproduce on the next page, stating that they gave us the highest award on the first ballot, and that had there been any higher prize offered, the Monarch Range would certainly have received it! They say also that they found the Monarch the best finished and best constructed Range, with more special features than any other range on exhibition.

No letter of commendation was given to any other exhibitor of ranges by the Jury.

The Jury was international in scope, being composed of representatives of foreign governments besides Americans of prominence in Mechanical Engineering.

This award, with the commendatory letter of the Jury, is therefore the prize of prizes, placing the Monarch Ranges where they belong, at the very top of all ranges. It is a merited recognition of quality in design, material and workmanship of which we are proud, and its verdict is confirmed by the great American public, the court of last resort.

H. W. GOODE, PRESIDENT — HENRY E. REED, SECRETARY — FIRST NATIONAL BANK, TREASURER

DIVISION OF EXHIBITS

Lewis and Clark Centennial

1905

and

American Pacific Exposition and Oriental Fair

AUTHORIZED BY ACT OF 58TH UNITED STATES CONGRESS

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EXPOSITION GROUNDS

PORTLAND, OREGON, Oct. 9th, 1905.

Mr. F. W. Rogers,

c/o Malleable Iron Range Co.'s Booth.

Manufactures Building,

Lewis & Clark Fair, Portland.

Dear Sir:

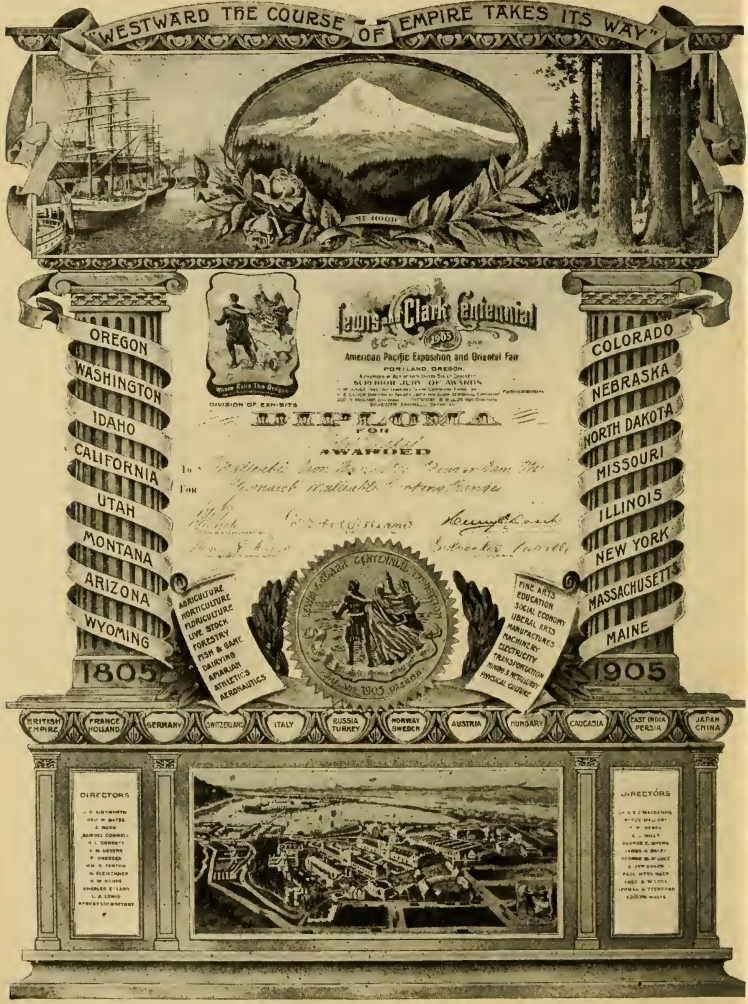
I am in receipt of your letter of thanks and appreciation in receiving the gold medal, (highest award) on Monarch Malleable Ranges.

It may please you to know, we the jury, awarded the gold medal on first ballot and had there been any higher prize offered, the Monarch Range would certainly have received it.

We found the Monarch the best finished and best constructed Range with more special features than any other Range on exhibition.

Jury on Stoves and Ranges

L. F. V. Boston
L. Ben Replogle
P. Furukawa
L. R. Ishiguro


"WESTWARD THE COURSE OF EMPIRE TAKES ITS WAY"
MT. HOOD
Lewis and Clark Centennial
1905
American Pacific Exposition and Oriental Fair
PORTLAND, OREGON.
SUPERIOR JURY OF AWARDS
DIVISION OF EXHIBITS
AWARDED
OREGON
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MONARCH
COOK BOOK

Kitchen-tested Recipes
for Every-day Use

By

HELEN MAR THOMSON

Price $1.00

Published by

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Beaver Dam *Wisconsin*

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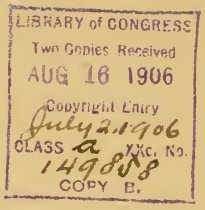

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INTRODUCTORY

To make an unprejudiced, representative Cook Book, filled with practical, reliable recipes, reasonably economical, yet thoroughly modern, presenting a well balanced diet, suitable for every day as well as for special occasions—that has been the object in preparing this Cook Book.

The information has been drawn from the very best authorities and from experience. Many of these recipes, not to be found in any other book, are likely to become family favorites. There are old favorites from everywhere, making this collection a rare and valuable one.

Recipes by Fannie M. Farmer are quoted from her "Boston Cooking School Cook Book;" those by Mrs. Janet McKenzie Hill are from her own Cook Book and from her "Boston Cooking School Magazine;" those by Mrs. E. E. Kellogg, A. M., are from her Vegetarian Cook Book, "Science in the Kitchen."

While this book has been compiled with a view to giving reliable recipes, without regard to apparatus, housewives will find their results far more satisfactory if a Monarch Range be used, owing largely to its responsiveness to regulation, enabling the housewife to get promptly just the amount of heat required for the food she is preparing.

Success in cooking very largely depends upon right heat and right regulation of heat, sometimes starting with a moderate oven, for instance, as for bread, increasing the heat for final baking; sometimes beginning with a quick fire, as for a meat roast, continuing with moderated heat.

Those who need and enjoy the best but cannot afford the most costly, will value this book. To them it is heartily dedicated.

HELEN MAR THOMSON.

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II.

FOODS—What to Eat and Why

"The ideal diet is that combination of foods which, while imposing the least burden on the body, supplies it with exactly sufficient material to meet its wants."

Disregard for this standard will surely prevent the best development of our powers—and unnecessarily impoverishes the purse.

While in most foods some waste is unavoidable, the loss in cost can be diminished by buying those kinds on which there is least waste, and by carefully utilizing portions often thrown away but which contain considerable nutrition.

The chief sources of waste are: Eating more than can be utilized by the body—the American tendency is to overeat, serving more than can be eaten and not utilizing the portions left; wasting in preparation—by thick parings of fruits and vegetables, or throwing away bones and meat trimmings which contain nutritive ingredients. Many good bones and trimmings (which you have paid for) are left on the butcher's block, *and he often sells them again* for soups and stews.

To replace costly food sometimes badly cooked, by cheaper food well cooked, is important for both health and purse.

Diet should be varied and well balanced. Each menu should be planned with a view to furnishing the right proportions of all the nutrients needed for the body; the food should be prepared with neatness and care and daintily served upon a clean, neatly laid table.

Foods must be selected with three main objects.

The appetite must be stimulated; protein compounds must be furnished for making blood, tissues, muscle and bone; and there must be carbohydrates and fats to supply energy and warmth.

Protein is the great building material and the everyday diet usually contains too little of it.

The less expensive cuts of meat, such as the round of beef and stew meat, are fully as nutritious as the more expensive cuts and usually more so. Fish, milk, beans, peas and oatmeal are the other famous tissue builders. Do not overlook these inexpensive but valuable foods.

The starches, sugars and other carbohydrates and all fats will furnish the heat and energy required. The average person gets enough of these. The housewife should pay particular attention to supplying the tissue builders and to making her table attractive, that the appetite may always be tempted.

Salads and garnishes, however simple, greatly aid in attractiveness which is vitally important. Things which please the palate stimulate the flow of digestive juices and an attractive diet pleases the aesthetic sense. Refinement in food habits is as desirable as in other phases of our daily life.

Soups are chiefly useful as stimulants. They help to create appetite and start the digestive juices preparatory to receiving and digesting the solid foods. Soups are rendered more nutritious by the addition of vegetables and cubes of meat.

Always remember that with a varied diet it is easier to secure the proper proportions of protein to fats and carbohydrates.

Different persons are differently constituted with respect to the kinds of food they can best digest, while some occupations create demands for food quite different from that required for other work. Those exposed to cold, or whose work calls for great bodily activity and strong muscles require not only the proteins for nutrition and muscle but an extra supply of carbohydrates and fats to supply energy and warmth.

Those who are indoors or inactive, require moderate nutrition and very moderate quantities of fat producers; otherwise the fat will simply be stored in the body and will become a useless burden.

Brain workers require the best of nutrition and variety of food, should exercise as much as possible and need a liberal supply of fats and carbohydrates to offset nervousness. A little fat is good for them.

The food should suit the individual and his or her needs. The housewife should observe what foods agree with the different members of her flock, should encourage their eating such foods and should discourage the others, planning her menus accordingly. Every person may learn from experience what food agrees with him and what does not.

PROTEIN COMPOUNDS.

The foods richest in protein compounds, also known as nitrogenous foods, are as follows (those in italic are best of all):

Rib rolls and *round* of beef.
Stew meat, especially the neck.
Dried, salted and *smoked beef.*
Veal.
Chicken and fowl.
Fresh cod.
Salt cod.
Halibut.
Mackerel.
Shad roe.
Smoked Herring.
Salmon.
Sardines.
Clams.
Oysters.
Eggs.
Milk (unskimmed).
Cheese.
Entire wheat flour.
Whole wheat breakfast foods.
Graham flour.
Wheat flour.
Oatmeal and all oat *breakfast foods.*
Barley and barley foods.
Dried beans and peas and
All beans and peas (fresh or dried).
Spinach.
Dandelion and all "greens."
Water Cress.
Almonds.
Peanuts.

CARBOHYDRATES.

The chief carbohydrates (which make fat and thus produce energy and warmth) are:

Wheat flour and wheat breakfast foods.
Entire wheat flour and foods.
Graham flour.
Macaroni, vermicelli, etc.
Buckwheat flour.
Rye flour.
Corn meal.
Oat breakfast foods.
Rice.
Tapioca.
Starch.
Bread of all kinds.
Cake.
Crackers.

Beans.
Corn.
Peas.
Potatoes.

FATS.

Fats are derived directly from the following and similar products:

Fat meats.
Goose.
Butter.
Milk.
Cream.
Cheese.
Nuts.
Chocolate.
Cocoa.

Pork, of course, contains a large amount of fat, but it is not included in above table and has not received great attention in this book because, while comparatively inexpensive, it contains less nutrition in proportion to cost than other meats, it is difficult to digest and is, more than any other meat, liable to be unwholesome, either from unfit animals, careless killing and handling or on account of germs contained in it.

Bacon and ham, when thoroughly cooked, are the most nutritious and the safest forms of pork.

HEALTHFUL ACCESSORIES.

All "greens," such as asparagus, spinach, dandelion, beet tops, cowslip leaves, etc. (cooked), and lettuce, celery, green onions, parsley, "sour grass," nasturtium, etc. (uncooked), many of which may be had for the gathering, are valuable, not only as appetizers, but in "toning up" the system. They are not, however, highly nutritive. Asparagus, spinach, dandelion and cowslip are noted for their beneficial effect upon both liver and kidneys. Onions, either boiled or green onions eaten with salt, should have place on the table once a week. They are the regular Saturday night vegetable in many well regulated homes.

FRUITS.

Do not overlook the fruit, which should be eaten as the first thing for breakfast, before the breakfast food. Fruit helps wonderfully in keeping the system in good order. Its acids stimulate the flow of digestive juices and, most important of all, stimulate the bowels to healthful activity. There is nothing better than a baked apple or a dish of prunes cooked with a bit of lemon. In the spring, steamed or stewed pieplant is pleasant and healthful.

WINTER AND SUMMER DIET.

In winter more carbohydrates and fats are needed, to supply warmth, although plenty of proteids are also needed, by those who labor.

In summer, use the fats and carbohydrates sparingly. Patronize the protein compounds liberally. They also furnish some fats, enough for summer needs, except for those who do hard manual labor. Use the fruits liberally. Sweet berries with bread and milk make a wholesome summer diet. Avoid pastries, heavy puddings and foods fried in fats, in summer time. They are too heating. Cold desserts, especially those made with gelatine and containing fruits, are wholesome and refreshing.

WATER.

Drink little water at meals. A glassful an hour *before* eating or two hours afterward is best; also take a glassful, either hot or cold, with a bit of salt in it if desired, on getting up in the morning, and drink a glass of water before retiring.

Drink plenty of good water.

Avoid ice water in summer.

III.

Cook by Rule—The Chemistry of Cooking

She who cooks by rule need *seldom* have a failure.

Even those "natural born cooks," who usually "guess at it" and usually make good things, may be wasting good materials in a way they little dream.

There is a wonderful law of definite proportions by which substances *always* combine in the *same definite proportions.*

All good recipes require that just the *right amount* be used, for success. Any *more* than is *needed* is absolute waste.

Especially is this true of baking powder, for instance. A certain amount is required to raise a given amount of dough. Combination with other substances, under heat, breaks the baking powder up into, usually, water, common salt and carbon dioxide, the gas which, in expanding to escape, makes the dough "light." The water and salt remain and are harmless. But if more baking powder is used than the dough requires, the extra amount is not broken up into the escaping gas and the harmless salt and water, and in eating the cake or biscuit, we must eat a chemical which, in some cheap baking powders, is really harmful. Beside, this extra amount does no good in the cake and is *wasted.*

Cook by rule and have no failures, no waste.

These are such good reasons for measuring carefully and for following good recipes that we will not go farther into the complex chemistry of this interesting subject.

Another point, however, with which the chemistry of cooking is concerned is the question of heat.

Heat helps chemical action, but some things require much heat, some require a little, some need quick heat and some long, slow cooking.

Albumens and proteids, those substances which are so important in building and maintaining the tissues and strength of the body, are coagulated and made almost insoluble by too quick heat, while fats are broken up by it and are made hard to digest while delicate flavors are thus destroyed.

One great trouble with American cooking today is that food is cooked too quickly, is too often burned and is almost always injured in flavor and digestibility by being cooked too quickly over too hot a fire. Especially is this true where gas is used.

Too hot a fire destroys the delicate flavors which make food most delicious—give the cook no opportunity for "bringing out" the savory qualities of meat, of giving just the right delicate brown to breads and cakes, or of developing that mysterious, subtle flavor in the oatmeal which makes it "truly Scotch."

The Scotch, by the way, depend mostly upon the open fire, even now; our grandmothers, too, understood the art of cooking and had good means for applying it with the even heat of their brick ovens. Few are the modern ovens which can equal those crude but skillfully handled ovens of long ago.

The ideal stove should give a steady, controllable heat, should be quick to respond to dampers and drafts, giving an even, moderate heat, most of the time, fully capable of throwing much heat just when it is needed and of permitting the temperature to be reduced in a few moments, when desired.

The *art* of cooking, remember, is largely the art of producing flavors which create appetite and please the palate, and of so preparing the different foods that the *right* changes take place in them.

IV.

Menus—Color Effects—Diet Balance

The following menus are given not so much to present extraordinary combinations as to give examples of menus which are well balanced and which present appetizing and wholesome combinations of foods which are seasonable and are available by average people in average localities.

Note also the color combinations. The French chef always thinks of the colors of the foods he will combine. Tomato soup, corned beef, sliced tomatoes and strawberries, might well be called a red lunch and it would not be an appetizing one. Soup, vegetables, meat, salad and dessert should all be thoughtfully planned with a view to producing attractive color combinations which harmonize yet lend the contrast which gives zest to appetite.

In planning the menu, always remember relative nutritive values of foods, endeavoring in summer to give sufficient nutrition without over-heating the blood by too many fats, sugars and carbohydrates; while in winter the diet should be both substantial and heat producing for ample supply of energy and body warmth.

For Special Occasions

THANKSGIVING.

(New England Menu.)

Tomato Soup with Croutons
Roast Turkey, New England Dressing
Cranberry Sauce Celery
Squash Boiled Potatoes Boiled Onions
Chicken Pie Sweet Pickles
Cracker Pudding
Pumpkin Pie American Cheese Apple Pie
Fruit Cake Bon Bons
Fresh Fruit
Nuts and Raisins.
Coffee.

CHRISTMAS.

Green Pea Soup with Whipped Cream
Olives Salted Pecans Celery
Roast Beef with Yorkshire Pudding
Boiled Sweet Potatoes Mashed White Potatoes
Cauliflower with Hollandaise Sauce
Canton Sherbet
Roast Duck or Goose
Apple Sauce
Sardine Salad Cheese Straws
English Plum Pudding
Brandy Sauce or Sweet Cream
Mince Pie Custard Pie
Carmel Ice Cream Sunshine Cake
Candied Orange Peel Bon Bons
Cream Cheese Crackers
Black Coffee

SUNDAY EVENING TEA.
I.

Peanut Sandwiches Cold Tongue
Hot Tea Rolls
Olives. Tomato Preserves
Individual Strawberry Short Cake
Fruit Cake Ginger Crisp
Nabisco Wafers Canton Ginger
Tea

SUNDAY EVENING TEA.
II

Sardine Sandwiches Tea Rolls
Veal Loaf
Pineapple Omelet
Olives Canton Sherbet Salted Pecans
Fruit Cake Sunshine Cake
Monsoon Tea

SUNDAY EVENING TEA.
III

Pecan Sandwiches
Cold Roast Beef Fresh Rolls
Sweet Cucumber Pickles
Currant Jelly Canton Ice Sponge Cake
Fruit Cake
Butternut Creams Nabisco Wafers
Tea

SUNDAY DINNER

Tomato Soup with Croutons
Roast Chicken Mashed Potatoes
Cauliflower Cucumber Pickle
Grape Juice
Water Cress Salad with French Dressing
Lemon Soufflé Pudding
Crackers and Cheese
Coffee Canton Ginger

SPRING—Menus for a Week

SUNDAY.

BREAKFAST.

Oranges
Ham and Eggs Parker House Rolls
Fried Corn Meal Mush
New Maple Syrup
Coffee

DINNER.

Rolled Ribs of Beef - Brown Gravy
Dandelion Greens
Potatoes Browned with the Meat
Apple and Pecan Salad
Lemon Soufflé
Unfermented Grape Juice

MONDAY.

BREAKFAST.

Steamed Rhubarb Cream of Wheat
Omelet with Nuts
Hashed Brown Potatoes
Zwieback
Coffee

DINNER.

Split Pea Soup with Croutons
Cold Sliced Beef - French Mustard
Macaroni Baked with Cheese
Mashed Potatoes
Cold Dandelion Greens
Cocoanut Soufflé

TUESDAY.

BREAKFAST.

Sliced Bananas and Cream
Barley Food
Beef Minced in Butter Baked Potatoes
Dry Toast
Coffee

DINNER.

Veal Cutlets Breaded - Tomato Sauce
Creamed Turnips Boiled Potatoes
Water Cress Salad
Coffee Jelly with Cream

WEDNESDAY.

BREAKFAST.

Baked Apples
Cracked Wheat
Cottage Pie Graham Gems
Coffee

DINNER.

Beefsteak Creamed Carrots
French Fried Potatoes
Lettuce with French Dressing
Rhubarb Pie - Swiss Cheese
Coffee

THURSDAY.

BREAKFAST.

Oranges and Bananas Sliced
Barley Food
Pickled Tripe in Batter
Creamed Potatoes
Triscuit
Coffee

DINNER.

Cold Corned Beef, Sliced
Drawn Butter Sauce
Buttered Parsnips Boiled Potatoes
Cabbage and Nut Salad.
Baked Indian Pudding

FRIDAY.

BREAKFAST.

Prunes Stewed with Lemon
Cream of Wheat
Scrambled Eggs Creamed Potatoes
Corn Meal Muffins
Coffee

DINNER.

Dried Green Pea Soup
Planked Roe Shad - Potato Border
Buttered Beets Shad Roe
Cress and Egg Salad
Tapioca Custard in Cups

SATURDAY.

BREAKFAST.

Strawberries, with Oat Meal and Cream
Fish Croquettes
German Fried Potatoes
Rye Meal Muffins
Coffee

DINNER.

Braised Ox Tongue - White Sauce
Asparagus Mashed Potatoes
Strawberry Short Cake

SUMMER—Menus for a Week

SUNDAY.

BREAKFAST.

Sliced Peaches and Cream
Currant Jelly Omelet
Crisp Bacon Sliced Cucumbers
Moravian Coffee Cake
Coffee

DINNER.

Roast Veal
Green Peas and New Potatoes in Cream
Sliced Tomatoes
Milk Sherbet
Sunshine Cake

MONDAY.

BREAKFAST.

Red Currants with Sugar
Cracked Wheat with Cream
Veal Browned in Butter
Poached Eggs
Whole Wheat Fruit Loaf
Coffee

DINNER.

Veal Croquettes - Parsley Garnished
Peas Reheated Boiled Potatoes
Lettuce and Cucumber Salad
Irish Blanc Mange
Aunt Mary's Fruit Cake

TUESDAY.

BREAKFAST.

Blue Berries and Grape Nuts with Cream
Broiled Tomatoes on Shredded Wheat Biscuit
White Sauce
One-Egg Muffins
Coffee

DINNER.

Smoked Beef Sliced
Stringless Beans in Milk
New Potatoes Creamed
Peach Puff Pudding with Peach Foaming Sauce

WEDNESDAY.

BREAKFAST.

Sliced Pineapple
Malta Vita
Asparagus on Toast
Whole Wheat Puffs
Coffee

DINNER.

Chicken Stew with Dumplings
Potatoes Boiled with the Chicken
Lettuce Salad
Water Melon, Chinese Style

THURSDAY.

BREAKFAST.

Red Raspberries and Cream
Apitezo
Chipped Beef in Cream Baked Potatoes
Blueberry Gems
Coffee

DINNER.

Chicken Salad Tea Biscuit
Sliced Tomato on Heart Lettuce
Midsummer Dream

FRIDAY.

BREAKFAST.

Plums Egg-O-See
Fried Trout and Potato Cakes
Sliced Tomato Zwieback
Coffee

DINNER.

Fresh Fish Boiled - Sauce Hollandaise
Summer Squash Potato Salad
Raspberry Whip

SATURDAY.

BREAKFAST.

Gooseberry Sauce on Shredded Wheat Biscuit
Ham and Eggs
Corn Muffins
Coffee

DINNER.

Veal Cutlet - Brown Sauce
Boiled Sweet Corn Baked new Potatoes
Lettuce
Steamed Blueberry Pudding

AUTUMN—Menus for a Week

SUNDAY.

BREAKFAST.

Cantaloupe Melon
Codfish Balls Boiled Eggs
Nut Muffins, Corn Meal Griddle Cakes
Coffee

DINNER.

Tomato Soup without Stock
Whipped Cream
Roast Leg of Lamb Succotash
Potato Balls, Creamed
Apples in Syrup

MONDAY.

BREAKFAST.

Concord Grapes Barley Food
Eggs in Tomato Cases
Triscuit
Coffee

DINNER.

Scalloped Lamb Stewed Tomato
Baked Potato
Cottage Pudding - Foaming Sauce

TUESDAY.

BREAKFAST.

Apricots
Graham Mush Peanut Omelet
Grape Butter Wheat Muffins
Coffee

DINNER.

New England Dinner
Lemon Snow

WEDNESDAY.

BREAKFAST.

Pears
Cracked Wheat
Vegetable Hash Sweet Pickle
Dry Toast
Coffee

DINNER.

Veal Pot Pie
Egg Plant Fried in Batter
Boiled Potatoes
Chestnut Soufflé

THURSDAY.

BREAKFAST.

Lemon Apples Corn Meal Mush
Minced Veal in Milk on Shredded
Wheat Biscuit
Dry Toast
Coffee

DINNER.

Club Steak Brussels Sprouts
Baked Sweet Potatoes Lettuce
Apple Dumplings - Hard Sauce

FRIDAY.

BREAKFAST.

Cooked Pears Barley Food
Codfish and Cream
Triscuit
Fried Corn Meal Mush and Maple
Syrup
Coffee

DINNER.

Scalloped Oysters Stewed Tomato
Saratoga Chips
Pineapple Omelet

SATURDAY.

BREAKFAST.

Grapes Cracked Wheat
Meat Balls Potato a la Delmonico
Graham Toast, Buttered
Coffee

DINNER.

Pork Tenderloin, Frenched
Boiled Onions
Special Baked Potato
Apple Charlotte

WINTER—Menus for a Week

SUNDAY.

BREAKFAST.

Grape Fruit
Steel Cut Oat Meal and Cream
Broiled Finnan Haddie
Dry Toast Orange Marmalade
Buckwheat Cakes and Maple Honey
Coffee

DINNER.

Tomato Soup with Whipped Cream
Chicken in a Snow Storm
Spinach, French Way
Browned Sweet Potatoes
Banana Ring Pudding

MONDAY.

BREAKFAST.

Oranges
Steel Cut Oat Meal
Minced Chicken and Poached Eggs
Potato Cakes Coffee Cake
Coffee

DINNER.

Chicken Cutlets, Boston Style
Mashed Potatoes
Beet and Cabbage Salad.
Apple Snow Macaroons

TUESDAY.

BREAKFAST.

Baked Apples
Cream of Wheat
Bacon and Eggs
Corn Cake
Coffee

DINNER.

Scotch Broth
Lamb Chops Mashed Potatoes
Orange Fritters
Pumpkin Pie Cheese

WEDNESDAY.

BREAKFAST.

Dried Apple Sauce
Steel Cut Oat Meal
Salt Mackerel in Cream
Baked Potatoes
Currant Buns
Coffee

DINNER.

Pot Roast of Beef Cauliflower
Sweet Potatoes Lettuce Salad
Snow Flake Baked Rice

THURSDAY.

BREAKFAST.

Prunes with Lemon
Cracked Wheat
Beef Hash Popovers
Doughnuts
Coffee

DINNER.

Beef Croquettes "June" Peas
Lyonnaise Potatoes
Fried Apples
Hot Cornstarch Pudding

FRIDAY.

BREAKFAST.

Oranges and Bananas Sliced
Steel Cut Oat Meal
Peanut Omelet Graham Gems
Wheat Cakes Peach Marmalade
Coffee

DINNER.

Boiled Salmon - White Sauce
Baked Hubbard Squash, Boiled Potatoes
Apple and Nut Salad
Prune Soufflé

SATURDAY.

BREAKFAST.

Baked Apples Barley Food.
Salmon Browned in Butter
Dry Toast
Coffee

DINNER.

Boston Baked Beans Brown Bread
Scalloped Tomatoes
Apple Tapioca

V

The Model Kitchen

A northwestern exposure is usually considered the more desirable for a kitchen, as it gives a cool kitchen in the morning when work is to be done. This also coincides with the preference for the east front for the house and southern exposure for the living rooms.

For the average family a large kitchen is preferable and in the plan here given, the kitchen is 15 by 15 feet. It could be 12 by 12, if preferred, but in many homes the kitchen is used as the everyday dining room or for sewing, and should not be crowded.

In the design here given, note the few steps required between the stove, the sink and cooking table, and the pantry, where the greater portion of the kitchen work is to be done.

First of all, the sink should be high enough to permit washing the dishes without bending. What housewife has not wondered why builders insist upon setting the sink six inches too low? Insist that the sink shall be 36 inches high to the top of its rim. Being about six inches deep, this brings the bottom of the sink about 30 inches from the floor. If sink legs cannot be obtained long enough to permit setting the sink as high as this, the sink can be placed upon a six-inch platform wholly enclosed, and of the same material as the floor.

The setting of sinks too low, is responsible for the breaking of many dishes, as the faucets must be proportionately placed, and are so low that in putting dishes in and out of the pan, the faucets are directly in the way and dishes are often nicked and broken by coming in contact with them. If the sink, and therefore faucets, are set six inches higher, the latter are not in the way.

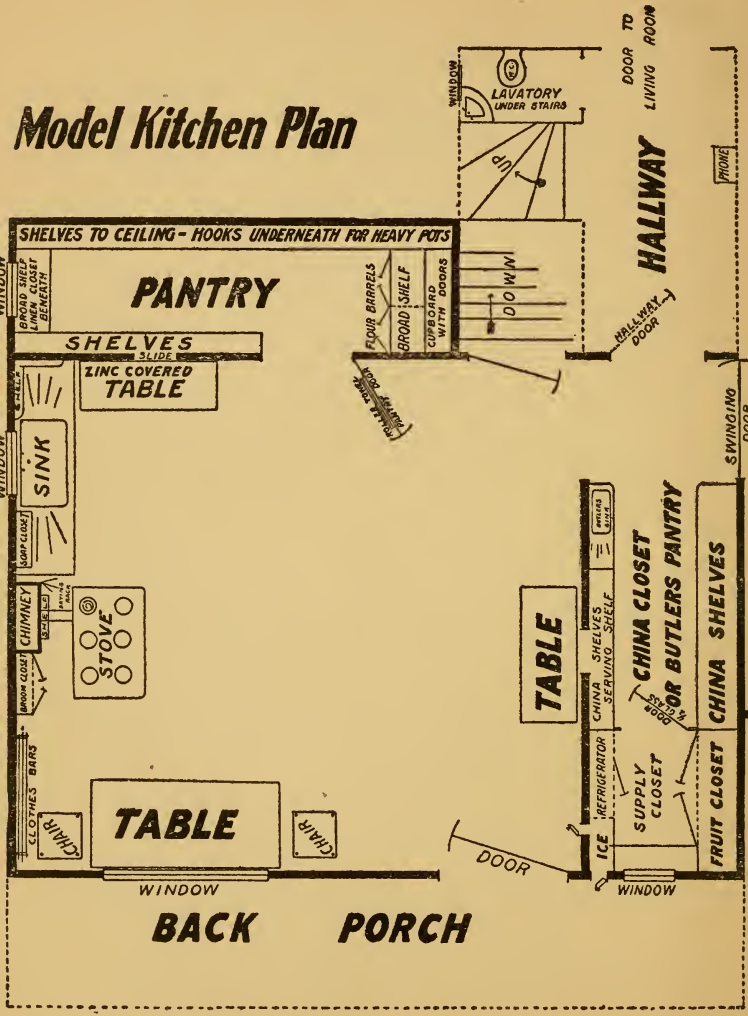
The sink should have two drain boards, the one on the left for dishes to be washed, and the one on the right for draining them.

The cooking table at the right is convenient for receiving the dishes when wiped. The slide over the cooking table also permits setting the wiped dishes directly through into the pantry, ready to be put up into their places.

Over the left drain board should be a small closet, preferably built in, for soaps, silver, brass and stove polishes, etc. Back of the stove and across the front of the chimney, a shelf about on a level with the eyes, is attractive and convenient. Just beneath this shelf, near the sink, should be a small drying rack (for dish towels), which, when not in use, can be swung back under the shelf. At the left of the chimney should be a closet for the broom, dust pan, shovel, carpet sweeper, scrub pail, etc. In the corner, at the left of the broom closet, should be two large hooks screwed into the top of the wainscoting upon which the clothes bars may be folded and hung when not in use. This leaves the clothes bars about six inches from the floor, and enables the neat housewife to sweep the corner without the inconvenience of moving the rack each time.

Now, let us go back to the working corner. The cooking table should be covered preferably with zinc, nailed neatly to the edges. This is non-absorbent and can be kept immaculately clean. The next best thing is a covering of oil cloth cut just large enough to tack over the edges of the table.

The pantry door is usually open and upon the inside of it may be hung the roller towel, which is out of sight when the door is closed. Let this towel always be kept fresh. Just inside the pantry door, on the right, are compartments for flour barrels, above which is a broad shelf and over this may be a cupboard with doors, for cereals such as breakfast foods, tapioca, rice, corn meal, rye, graham, etc., also for the spices, condiments, baking powder, cooking soda, flavoring extracts, coffee, tea, etc. Across the entire side of the pantry should be shelves extending to the ceiling, the bottom one being on a level with the broad shelf over the flour barrels. Under this bottom shelf should be a cleat for strong hooks upon which the heavy frying pans, griddles, waffle-irons, etc., may be hung. At the north end of the pantry is a window with a broad shelf in front of it and drawers for kitchen linens, such as dish towels, hand towels, etc., also for wrapping paper, twine, fruit jar covers, etc. At the left as one faces the window, may be another tier of shelves; the lower one to be not less than four or five feet


Model Kitchen Plan
SHELVES TO CEILING - HOOKS UNDERNEATH FOR HEAVY POTS
PANTRY
BROAD SHELF LINEN CLOSET BENEATH
SHELVES
SLIDE
ZINC COVERED TABLE
SINK
SOAP CLOSET
CHIMNEY
STOVE
DRAWER CLOSET
CLOTHES BARS
CHAIR
TABLE
CHAIR
WINDOW
WINDOW
WINDOW
WINDOW
FLOUR BARRELS
BROAD SHELF
CUPBOARD WITH DOORS
DOOR
DOOR
LAVATORY UNDER STAIRS
UP
HALLWAY
HALLWAY DOOR
DOOR TO LIVING ROOM
PHONE
SWINGING DOOR
TABLE
CHINA SHELVES
CHINA CLOSET OR BUTLERS PANTRY
CHINA SERVING SHELF
SWINGING DOOR
REFRIGERATOR
ICE
SUPPLY CLOSET
FRUIT CLOSET
CHINA SHELVES
DINING ROOM
BACK PORCH

from the floor, and under it at least two cleats with plenty of hooks for egg beaters, can openers, mixing spoons and similar small utensils, each to be hung always upon its own hook.

The door to the basement or cellar may be as indicated, while just to the right of it is the door into the china closet which should be between the kitchen and dining room.

If two maids are kept, there should be a second sink in the china closet or butler's pantry where the dining room girl may wash the better china and silver. At the left of this sink should be a drain board. At the left of this should be a broad shelf for serving and at this point there should be a slide between the china closet and the kitchen with a serving table on the kitchen side. Through this slide the cook may hand the courses to the dining room girl. Over this serving shelf in the china closet, may be shelves for china or for such utensils as the dining room girl may require. On the opposite side of the china closet should be shelves for china, extending from floor to ceiling, and enclosed by sliding glass doors. A portion of the china closet or butler's pantry should be partitioned off for food supplies. In this supply closet is a window which furnishes fresh air and from which light may be derived for the pantry by a glass in the upper half of the door between this closet and the china closet.

The refrigerator should be located in this supply closet and in homes where every comfort may be enjoyed, this refrigerator should be built in, having thick walls insulated against temperature changes, while the compartment for ice is filled through a small door which opens upon the porch. When this is not possible, the refrigerator may be of any type desired. Thus located, it is well away from the kitchen heat and when cooking is to be done, the butter and eggs needed may be taken from the refrigerator when the orderly housewife gets her supplies ready for her baking. Nearly all foods kept in the refrigerator are destined for the table or come from the table, and this arrangement will be found both convenient and economical. In this supply closet should also be a fruit closet with door to shut out the light and keep the temperature even. Here preserves and cannned fruits may be kept to excellent advantage. Also the reserve supply of cake, cookies, doughnuts, bread, etc.

The kitchen arranged as here suggested will be found delightfully convenient and an enjoyable living room for the morning hours.

VI

Soups and Soup Making

Soups are useful chiefly as appetizers and as an agreeable means of utilizing small portions of meat and vegetables which must otherwise be wasted. Soups are therefore a necessity where economy is a consideration and are rendered nutritious by the addition of cubes of meat, vegetables, or cereals, such as vermicelli, macaroni, barley, etc.

Soup with stock may be made from any kind of meat, or from several kinds combined. Fats in soup enrich it, the desirable parts being held by the stock, while the grease will rise to the top and, when cool, may be removed in cakes.

Fortunately, the inexpensive cuts of meat make the best soup. The shin of the hind quarter is a rich soup bone. Portions of meat should be used as well as bone, and soups should be cooked slowly, at low temperature, that the goodness may be thoroughly extracted and that the albuminoids may not be coagulated.

The practice of keeping a soup kettle always upon the stove is a very bad one.

Save the bits until enough have accumulated for a soup (making sure that all are still sweet), or, if there are good fragments, but not quite enough, the addition of a veal joint, cracked open, will contribute delicacy and nutrition.

Soup stock which has "jellied" may be kept sweet for several days. Vegetables and cereals should never be added until the stock is heated for serving. Heat only as much as will be needed and do not put that containing vegetables in with the jellied reserve supply.

The soup kettle should be of some enameled ware, or, still better, of aluminum, as enamel chips and when the soup stock comes into contact with iron, a chemical action takes place which, while it may or may not be harmful, discolors the soup. Always keep the soup kettle tightly covered, that the delicate flavors may remain in the soup.

1. HOW TO COOK MEAT FOR SOUP.

After carefully wiping all meat and bones with a piece of damp cheese cloth (kept for the purpose), cut the meat into small pieces, crack open the bones, if your butcher has not done it for you, and put into the kettle and just cover with cold water. Allow it to stand for a half hour or so before putting upon the stove. Then heat slowly, just to the boiling point, skim, then set the kettle back where contents will just simmer from five to six hours. Never let the soup really boil. It may bubble gently on the back of the stove, but too much heat coagulates the albumens and makes the liquid cloudy.

When soup is made from left overs, add a small portion of uncooked meat, or an uncooked soup bone, to give zest. In selecting meat for soups or stews, veal and pork are often combined, while a lamb bone gives delicacy to a beef stew or soup. One flavor should never prevail, hence the custom of using a variety of seasonings.

The spice closet should always contain peppercorns, whole cloves, bay leaves, sprigs of marjoram or thyme and dried parsley when the fresh is not to be had. These spices are not expensive and last a very long time. They should, therefore, be kept in glass jars, *tightly* covered.

2. TO CLARIFY SOUP.

The addition of a tablespoon of cold water, while soup is cooking, facilitates separation of scum.

If soup is not clear when done, having cooked too quickly, perhaps over too hot a fire, clarify as follows—

Put kettle on corner of range, so that, though very hot, it does not boil.

Break into a sauce pan two eggs, shells and all, beat into ½ a pound of meat chopped fine, and a half pint of water. Add, while beating, a quart of the stock, then pour the whole into the kettle of soup, stirring constantly. Allow it to simmer about 20 minutes, then strain through a napkin or double cheese cloth, placed over a wire strainer.

3. TO CLEAR A SMALL QUANTITY.

A small quantity of soup may also be cleared with egg alone, by allowing one egg to each quart of stock.

To a quart of stock, in sauce pan, add the white of one egg slightly beaten and the shell, broken small. Stir constantly, over front of range, to boiling point. Boil a minute or two, and set it back to simmer for 15 or 20 minutes. Skim, then strain through cheese cloth or napkin thrown over a wire sieve.

If the stock needs more seasoning, season before clarifying.

4. VARIETY—HOW OBTAINED.

Many modifications of soups may be made easily by replacing in a puree one kind of vegetable for another, by game instead of fowl, by varying the garnish, the seasoning, and so on. The ingenious housewife finds no difficulty in varying the daily menu. The general rules and proportions, however, should be carefully followed, that good results may be assured.

Soups are divided into two classes, the clear and the mixed, or thick ones. Either of these may be lean or fat soups and the purees and cream soups are often made without stock.

Soup stock, being the foundation of fat soups, and being useful in preparing numerous sauces and dishes, such as croquettes, it is well for the cook to have it at her disposal, which is not difficult as stock may be kept fresh several days in an ice box, an earthen jar being the best container. In a very hot, stormy day, let it boil a little while, to prevent its souring. Keep stock in a narrow, deep dish, rather than a shallow one, that the "crust" of fat may cover it, as this protection from the air helps to keep it.

A very good stock is made of six parts beef, two of veal and one of fowl.

5. BEST SOUP MEAT.

The parts of beef which are best for soup are the neck (best for invalids), shoulder, shin, ribs, flank, round and legs. If the veal is omitted, be sure to add bones containing marrow. The meat must be very fresh.

When veal is used, the shin bone or hock is richest in gelatinous substances.

In using fowl for soups, select old ones, rather than chicken, for higher flavor.

6. FAMILY CONSOMMÉ OR STANDARD BROTH.

5 pounds beef and bones.
½ veal hock.
1 fowl.
2 carrots.
½ turnip.
1 onion.
Celery.
Peppercorns.
Cloves.
4 quarts water.

Let cold water run freely over beef and veal, to wash from all impurities. Place in a kettle with cold water to cover meat well. Also add the onions, half of which have been browned in a bit of butter in small frying pan. Into the other half stick four cloves. Also add six peppercorns.

Water should not come within two inches of top of kettle. Use a pot that is plenty large. Bring it slowly to boiling point and allow to boil slowly, skimming until clear. Add a tablespoonful of cold water, occasionally, to accelerate separation of scum. When clear (in about a half hour) add vegetables freshly pared, and boil two hours longer.

Remove the veal, add the fowl, cut as for fricassee, and allow soup to boil for another three hours. (Place kettle on corner of range so bubbling will take place slowly at one side of kettle only. This makes it easier to obtain a clear soup.) When done, remove top grease and strain through a napkin. Set the soup away and prepare the fowl for dinner. Braise it in butter, season and serve on a platter with boiled rice piled lightly around it.—(French Chef.)

7. CONSOMMÉ.

3 pounds beef—poorer part of round.
1 pound marrow bone.
3 pounds knuckle of veal.
1 quart chicken stock.
Carrot, Turnip, Celery } ⅓ cup each cut into dice.
⅓ cup sliced onion.
2 tablespoons butter.
1 tablespoon salt.
1 teaspoon peppercorns.
4 cloves.

3 sprigs thyme.
1 sprig marjoram.
2 sprigs parsley.
½ bay leaf.
3 quarts cold water.

Cut beef in 1½ inch cubes, put it into a kettle with cold water. Add veal cut in pieces, and the bones. Let stand half an hour; heat slowly to boiling point and let simmer three hours, removing scum as it forms on top of kettle. Add quart of liquor in which the fowl was cooked and simmer two hours. Cook carrot, turnip, onion and celery in butter five minutes, then add to soup with remaining seasonings. Cook 1½ hours, strain; cool quickly, removing fat, and clear.—(FANNIE M. FARMER.)

8. BROWN SOUP STOCK.

Brown soup stock is made as above with part of the beef and vegetables browned in butter or marrow to give color. Rinse the frying pan well with the water in which balance of meat has been standing in the soup kettle to insure getting all the delicate flavor and color from caramelized pieces adhering to the frying pan.

9. TOMATO BOUILLON.

Tomato bouillon is made the same as Consommé stock, with the addition of ½ can of tomatoes, or three small fresh tomatoes with other vegetables.

10. FISH BROTH.

3 pounds whitefish.
3 pints water.
1 sliced onion.
½ a sliced carrot.
2 stocks of celery.
½ a bay leaf.
4 sprigs of parsley.
½ a red pepper pod.
3 cloves.
Salt.

Cut the fish in pieces and add the other ingredients. Let boil, then skim and simmer about 1½ hours; strain and use as any stock. The vegetables may be browned in butter or drippings, thus giving a brown stock. The head and trimmings of fish with a little salted fish are suitable for soup making. The broth may be clarified for consommé or thickened with a roux and cream as for a cream soup; or the flesh may be passed through a sieve and added to make fish pureé. Fish soups are garnished with pieces of vegetable.—(MRS. JANET MCKENZIE HILL.)

11. JULIENNE.

2 or 3 quarts consommé stock.
1 carrot.
½ turnip.
1-10 cabbage.
½ onion.

This is a clear soup, the stock of which is made the same as that for family consommé. Slice the vegetables (which should be very fresh) into fine strips about 1½ inches long, put them in a sauce pan with some butter, a teaspoon of sugar; allow to cook 15 minutes. Pour the stock or consommé over, and allow all to cook 1½ hours.

12. TOMATO SOUP WITH STOCK.

1 quart brown soup stock.
1 can tomatoes.
8 peppercorns.
1 small bay leaf.
3 cloves.
3 sprigs of thyme.
4 tablespoons of butter.
⅓ of a cup of flour.
Onion, Carrot, Celery, Raw ham } ¼ cup each cut in dice.
Salt and pepper.

Cook onion, carrot, celery and ham in butter five minutes. Add flour, peppercorns, bay leaf, cloves and thyme and cook three minutes; then add tomatoes, cover and cook slowly one hour. When cooked in oven it requires less watching. Rub through a strainer, add hot stock and season with salt and pepper.—(FANNIE M. FARMER.)

13. WHITE SOUP STOCK.

3 pounds knuckle of veal.
1 pound lean beef.
3 quarts boiling water.
1 onion.
6 slices carrots.
1 large stalk celery.
½ teaspoon peppercorns.
½ a bay leaf.
2 sprigs thyme.
2 cloves.

Wipe veal; remove from bone and cut into small pieces; cut beef in pieces; put bone and meat in soup

kettle, cover with cold water and bring quickly to boiling point; drain, throw away the water, wash thoroughly bones and meat in cold water; return to kettle, add vegetables, seasonings and three quarts boiling water; boil three or four hours; the stock should be reduced one-half.—(FANNIE M. FARMER.)

14. WHITE STOCK.

Chicken soup stock, also known as white stock, is made by slowly cooking a fowl cut as for fricasseé, in the same manner as other meats are cooked for stock by putting it on in cold water to cover, bringing slowly to boiling point, and then simmering several hours, until chicken is thoroughly tender. Remove chicken, strain and cool. Salt the chicken just before removing from the fire, but add other seasonings when preparing to serve.

15. CREAM OF CHICKEN SOUP.

1 quart chicken stock.
6 slices carrot cut into cubes.
2 celery stalks.
½ bay leaf .
4 peppercorns.
½ an onion sliced.
1 pint of milk.
2 yolks of eggs.
½ cup cream.
Salt and pepper.
2 whites of eggs.
½ cup hot boiled rice.

Brown the carrot and onions in butter; add stock, celery, bay leaf and peppercorns. Heat slowly to boiling point and cook 20 minutes. Strain and add scalded milk; remove from fire; add the 2 yolks and cream beaten together. Allow mixture to thicken without boiling, then add the hot boiled rice and salt and pepper as desired. Serve in tureen or individual cups and garnish with the poached whites. The whites are poached by beating them dry (having added a pinch of salt) and then dropping a spoonful at a time into hot water.

16. ECONOMY CHICKEN SOUP.

1 quart chicken stock.
6 slices carrot cut into cubes.
3 celery stalks.
½ bay leaf.
4 peppercorns.
½ an onion sliced.
½ cup hot boiled rice (or ⅓ cup cooked barley).

Brown carrot and onions in butter; add the stock and seasoning; heat to boiling and cook 20 minutes. Strain; add rice or barley and season with salt and pepper.

17. VEAL AND SAGO SOUP.

2½ pounds lean veal.
3 quarts cold water.
¼ pound pearl sago.
2 cups scalded milk.
Yolks 4 eggs.
Salt and pepper.

Cut veal into small pieces; remove particles of fat and put the lean meat through meat chopper. Cover meat with water, bringing slowly to boiling point and simmer two hours; skim occasionally; strain and re-heat. Soak sago ½ hour in water to cover; stir into hot stock, boil 30 minutes and add milk; then pour mixture slowly upon yolks of eggs slightly beaten; season with salt and pepper.—(FANNIE M. FARMER.)

18. CREAM OF ASPARAGUS SOUP.

2 bunches asparagus.
4 cups cold water.
½ bay leaf.
⅛ teaspoon thyme.
2 cups milk.
1½ teaspoon salt.
1 teaspoon Armour's Beef Extract.
2 even tablespoons butter.
4 even tablespoons flour.
1 cup thin cream.
A dash of pepper.

Wash asparagus and cut into 1 inch pieces. Put on in sauce pan with 4 cups cold water, half a bay leaf and the thyme. Cook until tender; water should be boiled down just one-half. Drain into large sauce pan and press asparagus through a coarse strainer, taking all but the hard fibre.

Make a roux for thickening by allowing the butter to bubble up in a small frying pan; add flour to the butter and stir until well thickened and slightly brown.

Whether made in chafing dish, or in a sauce pan upon the stove, proceed as follows: Add the milk to the asparagus pulp and juice, also the Armour's Beef

Extract and salt, in quantities as above directed; allow to just come to a boil. Dip out a little of the hot asparagus into a cup containing the roux and make a smooth paste. Add this to asparagus mixture, while stirring and when rather thick, and bubbling, add the cup of cream, stir until it just bubbles, add a dash of pepper and serve at once. This makes six portions.

A tablespoon of whipped cream dropped upon the top of each serving, enriches and garnishes this delicious summer soup.

19. ASPARAGUS SOUP.

3 cups of white stock (No. 13 or 14).
2 bunches of asparagus.
2 cups cold water.
1 sliced onion.
¼ cup butter.
¼ cup flour.
2 cups scalded milk.
Salt and pepper.

Clean asparagus, reserving the tips and add stock to cold water; boil 5 minutes; drain; add stock and onion; boil 30 minutes; rub through a sieve and bind with butter and flour, cooking together. Add salt, pepper, milk and tips.—(Fannie M. Farmer.)

20. EVERY DAY ASPARAGUS SOUP.

2 bunches asparagus.
1 quart water.
1 cup thin cream.
1 pint milk.
1 teaspoon salt.
⅛ teaspoon pepper.
A dash of paprika.

Wash asparagus, cut into small pieces and let simmer gently in the water until tender. Save the liquid and rub asparagus through a colander, leaving only the fibre and hard portions. Return asparagus to the liquid and add milk, cream and salt. Heat and serve.

21. CREAM OF CELERY SOUP.

2 cups white stock (13 or 14).
3 cups celery cut in inch pieces.
2 cups boiling water.
1 sliced onion.
2 tablespoons butter.
3 tablespoons flour.
2 cups milk.
Salt and pepper.

Parboil celery in water ten minutes; drain; add stock, cooking until celery is soft, and rub through a sieve. Scald onion in milk; remove onion, add milk to stock; bind, and season with salt and pepper. This soup is further enriched by the addition of cream—a cup or less.—(Fannie M. Farmer.)

22. FISH CHOWDER.

4 pounds cod or haddock.
6 cups potatoes cut in ¼ inch slices.
1 onion sliced.
1½ inch cube of fat salt pork.
1 tablespoon salt.
⅛ of a teaspoon of pepper.
2 tablespoons butter.
4 cups scalded milk.
8 common crackers.

Order the fish skinned but head and tail left on. Cut off head and tail and remove fish from back bone. Cut fish in 2 inch pieces and set aside. Put head, tail and back bone, broken in pieces, into stew pan. Add two cups cold water and bring slowly to boiling point. Cook 20 minutes. Cut salt pork in small pieces and try out. Add onion and fry five minutes; strain fat into stew pan. Parboil potatoes five minutes in boiling water to cover; drain and add potatoes to fat; then 2 cups boiling water and cook 5 minutes; add liquid, drained from bones; then add the fish; cover and simmer ten minutes, add milk, salt, pepper, butter and crackers; split and soak in enough cold milk to moisten.—(Adapted from Miss Farmer).

23. OYSTER STEW.

1 quart oysters.
1 quart milk.
2 tablespoons butter.
2 teaspoons salt.
Pepper.

Drain liquid from oysters and set aside. Wash oysters by letting cold water run over them through the colander. Heat oyster liquid to boiling; strain through finest wire strainer; add oysters and cook until plump and edges begin to crimp. Add scalded milk, butter, salt and pepper.

24. BEAN PORRIDGE.

1 pint beans.
½ pound salt pork.
3 quarts water.

1 pint beef gravy or soup stock.
1 cup sweet cream.
Butter size of half an egg.
Pepper and salt.

Soak one pint of beans over night. In the morning parboil, rinse, add three quarts of water, salt pork cut in slices and stew slowly until both beans and pork are tender. Press through a coarse sieve or colander, both beans and pork, leaving only the fibre and skins. Add beef stock, sweet cream, butter, pepper and salt and more water if the porridge is thicker than desired.

25. TOMATO SOUP WITHOUT STOCK.

1 can tomatoes.
1 pint water.
12 peppercorns.
½ bay leaf.
4 cloves.
2 teaspoons sugar.
1 teaspoon salt.
⅛ teaspoon soda.
2 tablespoons butter.
3 tablespoons flour.
1 sliced onion.

Cook the first six ingredients 20 minutes; strain; add salt and soda; bind, and strain into tureen.—(FANNIE M. FARMER.)

To bind soup, beat a tablespoon of butter to bubbling (in same pan); add 2 tablespoons flour, rub into butter and, when mixed and slightly brown, add a few spoonfuls of the soup; rub smooth, add a little more soup, and, when smooth, pour slowly into the kettle of soup.

26. PEA AND TOMATO SOUP.

1 pint Scotch peas.
1 quart boiling water.
2 cups strained stewed tomatoes.
3 cups brown soup stock.

Soak peas over night. When ready to cook, put into a quart of boiling water and simmer slowly until quite dry and well broken. Rub through a colander, to remove the skin. Add the tomato and soup stock; turn into a double boiler and cook for half an hour or more; turn a second time through colander, or soup strainer, and serve.

If desired, a few pieces of celery or a slice of onion may be added just before reheating.—(MRS. E. E. KELLOGG, A. M.)

27. VEGETABLE PEA SOUP.

1 pint split peas.
1½ pints sliced potatoes.
1 medium sized onion.
Salt.

Cook one pint of split peas until dissolved; when nearly done, put potatoes to cooking with the onion, sliced thin. When tender, rub all through a colander; add water to make of the consistency of thin cream; salt to taste; reheat and serve.—(MRS. E. E. KELLOGG, A. M.)

28. GREEN PEA SOUP.

1 quart shelled peas.
Water to cook.
1 quart milk.
½ an onion.
½ cup thin cream.
1 teaspoon salt.
Pepper.

Cook peas in as little water as necessary, leaving very little when peas are tender. Add ½ cup of milk and rub through a colander; add remainder of milk and onion sliced. Boil ten minutes and season with salt and pepper, removing the onion. Add cream just before serving. Celery, bay leaf and thyme may be used as seasonings if liked.

29. VEGETABLE SCOTCH BROTH.

2 tablespoons pearl barley.
1 tablespoon steel-cut oatmeal.
2 quarts water.
1 turnip } cut into small dice.
1 carrot }
½ cup coarse whole wheat bread crumbs.
1 cup milk.
½ cup thin cream.
1 teaspoon salt.

Soak over night the barley and oatmeal in water to just cover. In the morning put the grains, together with water in which they were soaked, into two quarts of water, and simmer for several hours, adding boiling water as needed. About an hour before the soup is required, add the turnip, carrot and bread crumbs, rub all through a colander; add salt, milk and cream.—(MRS. E. E. KELLOGG, A. M.)

30. GENUINE SCOTCH BROTH.

Wipe three pounds of mutton cut from fore quarter. Cut lean meat in one inch cubes; put in kettle; cover with three pints cold water, bringing quickly to boiling point; skim and add ½ cup barley which has been soaked in cold water over night. Simmer 1½ hours or until meat is tender. Put bones in a second kettle; cover with cold water; heat slowly to boiling point; skim and boil 1½ hours; strain water from bones and add to meat. Fry five minutes, in two tablespoons of butter, ¼ cup each of carrot, turnip, onion and celery, cut in ½ inch dice. Add to soup with salt and pepper to taste and cook until vegetables are soft. Thicken with two tablespoons each of butter and flour cooked together. Add ½ tablespoon finely chopped parsley just before serving. Rice may be used in place of barley.

Fragments of a lamb roast may be utilized for Scotch Broth. If less meat is used than recipe calls for, modify other ingredients in proportion. —(FANNIE M. FARMER.)

VII

Soup Garnishes

31. CROUTONS.

Croutons are usually served in clear soup. Cut stale bread into small dice ½ inch or a trifle less.

Fry in smoking hot lard until just a golden brown. Try one first to see that it browns at once without soaking fat.

32. WHIPPED CREAM.

Purees and cream soups are often garnished with a spoonful of cream whipped stiff, and dropped upon each plate of soup just as it is served.

33. EGG BALLS.

Yolks 2 hard boiled eggs.
⅛ teaspoon salt.
A dash of cayenne or paprika.
½ teaspoon melted butter.

Rub yolks through sieve; add seasonings and moisten with raw egg yolk to make of consistency to handle. Shape into small balls; roll in flour and brown in butter. Serve in brown soup stock or consommé.—(FANNIE M. FARMER.)

34. NOODLES.

1 egg.
½ teaspoon salt.
Flour.

Beat egg slightly; add salt and flour enough to make very stiff dough; knead, toss on slightly floured board and roll as thin as possible, which may be as thin as paper. Cover with towel and set aside for 20 minutes, then cut in fancy shapes using sharp knife or French vegetable cutter; or the thin sheet may be rolled like jelly roll, cut in slices as thinly as possible, then unroll pieces. Dry, and when needed, cook 20 minutes in boiling salt water; drain and add to soup. Noodles may be served as a vegetable.—(FANNIE M. FARMER.)

VIII

Fish

Fresh fish is a wholesome, healthful food and should be found upon the table at least once a week if possible, if the family diet is to be well balanced.

In selecting, look for bright gills and eyes as a test of freshness. The flesh, too, should be firm.

TO CLEAN FISH.

If the fish has not been scaled at the market, dip it for a few seconds into a pan of boiling hot water and the scales may then be easily removed. Hold the fish firmly by the tail, and, with the knife at an angle of 45 degrees scrape

toward the head. If this can be done out of doors, drive a nail through the tail into a block or plank, and scaling becomes a matter of very few moments.

To "draw," cut the fish open along the under side, and the entrails may be removed readily. Wash thoroughly, taking care to remove any blood clots which have settled along the backbone. Remove fins and the backbone. The latter may be done by cutting carefully with a very sharp knife, along either side of the bone, along the back, beginning at the tail. The entire back bone and back fin may then be slipped out, without cutting the fish in two. Nearly all of the small bones come out with the backbone.

A fish thus prepared is much more enjoyable than when served full of small bones.

For broiling or frying, the head is usually removed, although for very small fish both head and tail may be left on.

Fish may also be skinned by using a sharp knife. Start the skin at the edges, along the slit made by removing backbone and, if fresh, the skin will come off quite easily.

In boiling or baking fish, always have a grate in the bottom of basket or pan, upon which the fish may be lifted, to avoid breaking.

35. BOILED FISH—FRENCH STYLE.

Halibut, Cod, Bluefish, Salmon, Pike, Bass, or any fish, large enough to boil, may be prepared as follows, about five pounds being allowed for five persons:

Clean and wash the fish, remove the gills and fins, preserving the tail. Place the fish in a kettle having a grate at the bottom. Add two carrots, one onion sliced, a pinch of thyme, half a bay leaf, six peppercorns and water to cover the fish well. Allow it to heat and as soon as it comes to a boil, set the kettle back where it will simmer about one hour, without boiling.

Send to the table on a folded napkin, arranged on a platter.

With boiled fish, serve potatoes boiled with jackets on in slightly salted water, carefully removing jackets before sending to the table.

Boiled fish calls for Hollandaise, Caper or White sauce, served separately.

36. SMALL FISH—BOILED.

Bass, pickerel and other small fish from one to five pounds in size, may be boiled as follows: Clean and wash the fish; place upon grate in fish kettle and cover with boiling salted water. Keep boiling for ten or fifteen minutes, according to the size. Drain the fish, place it on a warm platter, sprinkle over lemon juice and two tablespoons of melted butter mixed with one tablespoon of minced parsley. Serve with boiled potatoes and White or Hollandaise Sauce.

37. BOILED FISH—ENGLISH STYLE.

After cleaning, tie the fish in a piece of cheese cloth. Place your rack in kettle and cover with boiling water. Add salt and the juice of half a lemon or a tablespoon of vinegar. The latter keeps the flesh white. Three pounds of fish is usually boiled in about 30 minutes and five pounds in about 45 minutes. The time will vary with conditions, but when the flesh separates from the bone, the fish is done.

Serve as directed for the French style.

38. BROILED FISH STEAKS.

Salmon steak, also halibut, cod or other steaks (one inch slices from large fish) may be broiled in the following manner: After washing and cleaning, dry the fish well in cheese cloth or a napkin, lay a slice into a deep plate, sprinkle each side with salt and pepper, also olive oil (or melted butter if preferred), place upon a broiler and cook over a moderate fire, taking care to turn the broiler occasionally.

When done, sprinkle each slice with a few drops of lemon juice and serve with maitre d'hôtel butter, also with a lemon sliced, and a garnish of parsley.

Small fish, such as bass, pickerel, pike, trout, etc., may also be broiled. After cleaning and washing, divide into two parts lengthwise, unless fish are quite small. Place the fish on a plate and sprinkle with salt and pepper and roll in melted butter (or olive oil).

Broil as directed for fish steak, turning two or three times until a golden brown. Loosen from the broiler, carefully, with knife and fork to prevent breaking. Serve with melted butter and chopped parsley.

39. FRIED FISH.

Small fish are best fried New England style, which is as follows: After each fish has been thoroughly cleaned and washed, dry well by placing between folds of a napkin and patting until water has been absorbed from them.

Upon the meat board mix corn and rye meal (⅔ corn and ⅓ rye). At one side have a large deep plate containing beaten egg diluted with 2 tablespoons of water to each egg.

Roll the fish in the meal, dip lightly into the egg, then roll in the meal again and fry in hot fat which has first been tried out by frying sliced salt pork in the frying pan.

Fry the fish until both sides are a crisp, golden brown. Garnish each small fish or each half of larger fish with slices of lemon and maitre d'hôtel butter.

40. COLD FISH A L' IMPERIALE.

Boil salmon, halibut or trout in the French style and let it cool in the water in which it was cooked. When cold, drain and skin carefully, placing upon a folded napkin arranged on a dish.

Cook in boiling water, and separately, green kidney beans, green peas, carrots cut into dice, cauliflower separated into balls about the size of a hazel nut, season with salt, pepper and butter and dispose these vegetables with an eye to artistic color arrangement around the fish on the platter, garnishing with lettuce leaves and sprigs of parsley.

Serve a caper or hollandaise sauce in a separate gravy bowl.

Fewer vegetables may be used, if all are not available. Alternate mounds of carrots and peas, or carrots and beans, each little mound on a lettuce leaf, makes an effective garnish.

Fish "left over" from boiling either the French or the English way, may be served in this manner.

41. WHITEFISH.

Whitefish may be broiled as directed for black bass or, if large enough, may be *planked,* as directed for shad. The latter is the ideal way to cook whitefish. When carefully done, a planked whitefish is a royal dish, does honor to the cook and, with its golden brown and garnish of lemon slices, parsley sprays and potato border, is highly ornamental.—(For Directions See No. 47.)

42. BOILED MACKEREL.

(See No. 36.)

43. FRESH BOILED COD.

(See No. 35.)

44. BAKED FRESH COD.

After cleaning and washing, rub inside and outside with salt, pepper and lemon juice. Stuff and sew up the fish, dredge well with buttered bread crumbs and bake for 45 to 55 minutes in a moderate oven. Serve with either hollandaise or white sauce.

45. STUFFING FOR BAKED FISH.

To each cup of crumbs (half cracker and half bread or all cracker) allow 1 heaping tablespoon butter, scant ½ cup boiling water, scant teaspoon "poultry dressing" or sage, ½ teaspoon salt and a little pepper. Prepare crumbs by putting crackers and stale bread through large meat cutter. Mix seasonings with the crumbs. Melt the butter by pouring the boiling water upon it, stir it into the crumbs, which should be just moist enough to cling together for stuffing. Prepare as much stuffing as will be needed to fill the fish, following above proportions.

46. BAKED BLUE FISH.

Clean and wash fish, dry with napkin, rub inside with salt and pepper, stuff with dressing No. 45 and sew up. Place in a dripping pan on a fish rack greased, that it may be lifted out without breaking; sprinkle with salt, pepper and flour or fine bread crumbs, and into the pan pour ¾ cup of boiling water in which ¼ cup butter has been dissolved. Bake one hour in a hot oven, basting every ten or fifteen minutes. Serve with hollandaise or white sauce.

47. PLANKED SHAD.

Clean, wash, remove head and fins, leaving the tail in place and carefully remove backbone. Rub both sides of fish with salt and pepper and place fish

flat upon the plank, with the skin toward the plank. Brush the fish well with melted butter and, all around it and about an inch or more from the fish and a little back from the edge of the plank, arrange a rim of salt. Lay it around with a teaspoon, keeping it away from the fish but piling it around well, to form a little "mound" entirely encircling the fish. This keeps the butter from running off into the oven.

Have the oven *piping* hot and bake the fish 25 or 30 minutes. Remove from the oven, lay a little fresh salt over that on the plank, to cover discolorations from butter, mark salt in "herring bone" pattern, with a fork or skewer point, dot the fish with bits of butter, garnish with slices of lemon and parsley sprays, set the fish, plank and all, into a long platter and send to the table.

Or, the salt may be brushed off and potato, previously cooked, mashed and seasoned, may be arranged with a "pastry bag" to make an artistic border, the plank returned to the oven just long enough to brown the potato, then removed, more butter dotted upon the fish and the lemon and parsley arranged ready for the table.

48. PLANK FOR FISH.

An *oak* plank, oval or oblong, and 1 inch thick is required for planking fish. For a 4 pound fish a plank 18 inches long and 10 inches wide will be about right. Planks of various sizes may be bought for this purpose from nearly any hardware store, or they may be cut to order at any wood-working mill. The oval shape lends itself more attractively to the purpose. Every pantry should have its fish plank. This is a simple and inexpensive way to cook fish. Shad and whitefish are at their best "done" in this attractive manner.

49. SHAD ROE—BROILED.

Handle roe very carefully, so as not to break the skin which surrounds the eggs. Sprinkle with salt, pepper and melted butter (or olive oil). Broil and serve with maitre d'hôtel butter.—(See No. 154.)

50. BAKED SHAD ROE.

Cook shad roe 15 minutes in boiling salted water to cover, with ½ tablespoon vinegar; drain; cover with cold water and let stand 5 minutes. Remove from cold water and place in buttered pan. Bake 20 minutes in hot oven, basting every 5 minutes with melted butter.

51. SHAD ROE WITH TOMATO SAUCE.

Bake as above with the addition of ¾ of a cup of tomato sauce poured around the shad when put into the oven. After taking it out upon a platter, pour another ¾ of a cup of tomato sauce around it.—(Fannie M. Farmer.)

IX

Salt Fish

52. SALT MACKEREL.

Freshen salt mackerel in cold water to cover, allowing it to stand about a half hour. Drain, carefully scrape off skin, divide fish into fourths and put into sauce pan in which a pint of thin white sauce has been made. (See No. 160.) Add ¼ cut sweet cream or a tablespoon of butter, heat up a moment, season with pepper and serve at once.

53. SALT CODFISH IN CREAM.

"Pick" the desired amount of fish into small pieces, freshen by allowing it to stand a few moments in cold water, drain and add to thin white sauce made as for salt mackerel. Do not add salt fish to white sauce until ready to serve or it may "curdle." If convenient, serve with hard-boiled eggs cut into halves and laid attractively around upon the top of the sauce. Or, one egg may be beaten and added to the sauce, after fish has been added, just before removing from the stove.

54. CODFISH BALLS.

1 cup codfish.
2½ cups mashed potatoes.
1 egg.

½ tablespoon butter.
⅛ teaspoon pepper and salt.

Pick salted codfish into small bits, wash thoroughly with cold water, then drain. There should be 1 cup of fish. Boil white potatoes and mash, in quantity sufficient to make 2½ cups. Beat potatoes and fish lightly together, add the butter melted, a well beaten egg, ⅛ teaspoon pepper and a bit of salt if needed. When well beaten take up a heaping tablespoon of fish mixture, shape into flat balls, handling lightly, roll in flour, dredge with pepper. Proceed in this manner until all the mixture has been shaped into balls. These may be made the night before and fried in the morning. When ready to cook, roll in beaten egg, then in flour, arrange in frying basket and fry in deep fat until a handsome brown. This makes 12 fish balls of medium size.

Some prefer not shaping the balls, simply dipping up a heaping spoonful of the mixture and dropping it without handling into the hot fat.

55. BOILED FINNAN HADDIE.

Select a thick fish. Put flesh side down in a saucepan, cover with cold water and set to cook on the back of the range. In half to a whole hour draw to a hotter part of the range, and gradually heat the water to the simmering-point. Let simmer from five to ten minutes, then drain the fish carefully. Serve on a hot platter. Pass at the same time hot boiled potatoes and egg sauce.—(The Boston Cooking-School Magazine.)

56. FINNAN HADDIE—DELMONICO STYLE.

Prepare the fish as above, then separate the flesh into flakes, discarding skin and bones. For each cup of fish prepare a cup of cream sauce; i. e., melt two tablespoons of butter, cook in it two level tablespoons of flour, one-fourth a teaspoon, each, of salt and pepper, and gradually add one cup of milk. Reheat the fish in the sauce. To serve au gratin, put the fish and sauce into a buttered au gratin dish, in alternate layers, having the last layer of sauce. Cover with cracker crumbs (two-thirds a cup to a fourth a cup of butter) mixed with melted butter, and set into a hot oven to brown the crumbs.—(The Boston Cooking-School Magazine.)

57. BROILED FINNAN HADDIE.

Prepare as in the first recipe. Wipe dry, brush over with melted butter or olive oil. Then set to cook over coals in a hinged broiler. Cook on both sides, then turn upon a hot platter, and spread with maitre d'hôtel butter. —(The Boston Cooking-School Magazine.)

X

Fish Fragments

58. HALIBUT RAMEKINS.

Fragments of boiled halibut may be served in ramekin dishes and make a dainty breakfast or luncheon dish. Rub the halibut through a colander or coarse sieve, season with salt, lemon juice and a dash of paprika. For a half pound of the halibut meat allow a scant quarter of a cup of thick cream or white sauce, ¼ teaspoon of salt, a scant tablespoon of lemon juice and the white of one large egg beaten stiff. After seasoning the fish, add the cream whipped stiff, also the white of the egg beaten dry.

Any small dishes which will bear heat and which hold about half a cup may be used as ramekin dishes. These little dishes may be purchased in many quaint and pretty designs. Each dish is usually accompanied by a saucer upon which the hot ramekin dish may be set when sending to the table.

Butter the ramekin dishes and fill about three-fourths full, and brush over the top of the mixture with melted butter. Set the ramekin dishes into a shallow pan containing hot water, which comes about half way up the sides of the dishes. Bake 20 minutes in a moderate oven and serve in the ramekin molds; or slip the ramekins out, arrange on a platter, and serve with white or Hollandaise sauce.

59. SALMON CROQUETTES.

"Pick" cold Salmon into small bits, enough to make two even cups piled in lightly. Turn salmon into a deep plate, season with a dash or two of paprika, a teaspoon of lemon juice, a pinch of salt; then mix thoroughly with a scant cup of thick white sauce.

Shape into croquettes, roll in cracker crumbs or crumbs from very dry bread. Then roll each croquette in beaten egg, diluted with two tablespoons of cold water; then roll in the crumbs again and fry in smoking hot fat, to a golden brown. Drain upon brown paper, garnish with parsley and lemon slices.

60. FISH RAMEKINS WITH CHEESE.

Cold salmon, trout, halibut, bass, pike or any meaty fish may be used for this dainty dish, appropriate for luncheon or Sunday evening tea.

Ramekin dishes may be used or in place of them scallop-shells—shallow fan-shaped shells, which are durable and attractive. For five persons, allow proportions about as follows:

Cold fish, one to two pounds.
Butter, 5 tablespoons.
Flour, 2 tablespoons.
Bread crumbs, 2 tablespoons.
Grated cheese, 1 tablespoon.
Stock, 2½ cups.
2 egg yolks.
1 small onion.

Divide the fish into small bits; brown, in a sauce pan, 1 chopped onion with one tablespoon of butter; sprinkle over two tablespoons of flour, add the stock and season with salt and pepper. Next, beat in a bowl the yolks of two eggs with two tablespoons of butter; add a part of the sauce; pour all into a saucepan and do not allow it to boil again. Add the picked fish, stir well and pile upon ten shells; or divide it between ten shallow ramekin dishes. Sprinkle bread crumbs over the top and grate American cheese upon this; sprinkle over two tablespoons of melted butter and bake in an oven five minutes. Fold a napkin upon a platter, arrange the shells upon it and garnish with parsley.

61. SCALLOPED FISH.

Fragments of fish, particularly white meat, are delicious prepared in the following manner:

Make a white sauce with 2 tablespoons of butter, 3 level tablespoons flour, and 2 or 2½ cups milk. When butter bubbles in sauce pan stir in flour and when mixed, add milk gradually; season with pepper, salt, ⅓ bay leaf, and a few grains of thyme; beat until smooth. Add 3 small tomatoes cut into eighths; crush tomatoes in the sauce with spoon; butter a small baking dish; sprinkle the bottom with ground bread crumbs; spread in a layer of cold fish, picked into bits; add a layer of tomato sauce; another of crumbs; another of fish, then a thick layer of sauce; then one of crumbs and dot the top with bits of butter; sprinkle with pepper and salt. Bake until thoroughly heated through.

62. FISH FRAGMENTS—DELMONICO STYLE.

Pick or cut cooked fish (salmon, halibut, bass, pickerel, whitefish or almost any variety) into small bits or into inch cubes. Prepare a sauce exactly as for salt mackerel. When sauce is ready, add the cold fish, heat through and serve at once.

If fish is finely minced, it may be poured over toast or shredded wheat biscuit.

XI

Oysters

Oysters are at their best from November to April and are said to be in their prime in March. From May to the first of September they are not desirable.

Most people swallow the oyster whole, but the ancients always masticated the oyster as other foods, and it is said to have a much finer flavor and to be more nourishing when well masticated.

The oyster is one of the most easily digested of all foods, particularly when raw, and is very rich in proteids or tissue building compounds.

Oysters are usually served in the half shell or in a shallow plate, five or six being the usual portion for each person. A half lemon should also be

served with each portion, or vinegar to those who prefer it, also horseradish, salt and pepper.

63. RELISH FOR RAW OYSTERS.

Chop as finely as possible, one onion of medium size and parsley of equal bulk. Put these into a napkin, dip it into cold water, wring it well to remove the rank juice of the onion; then take out the mixture, add the juice of a lemon, a pinch of cayenne pepper, a little salt and enough vinegar to make it about as thick as prepared horseradish.

64. OYSTER COCKTAIL.

The oyster cocktail, now most popular as the first course of a formal dinner, is made as follows:—chill oysters of medium size and for each 30 oysters mix 1½ teaspoons of finely grated horseradish, ¼ teaspoon of tobasco sauce, 2½ tablespoons of lemon juice, 1 tablespoon of vinegar, 1½ tablespoons Worcestershire sauce, 1½ tablespoons of tomato catsup and ½ teaspoon salt. Immerse the oysters in this prepared sauce and serve in low wine glasses or in sherbet cups, allowing about five oysters for each person.

65. OYSTERS ROASTED IN THE SHELL.

When oysters can be obtained with the sea's aroma still upon them, an oyster roast is a unique entertainment, affording a treat to those who have never tasted the cooked oyster at its best.

Have a *"piping"* hot fire.

Wash and wipe the shells and lay them, unopened, in the quick oven, on top of the stove,—wherever it is *hot*. When they open, they are done. Pile into dishes or pans and send instantly to the waiting guests at table. Rye and wheat bread or toast should be served with them, while each guest should be supplied with a short knife for opening the oysters, an oyster fork, also a liberal pat of butter, a lemon cut in halves; while horseradish, olives, salt and pepper should be supplied to each couple.

A large pan should be placed upon the floor, between each two chairs, to receive the empty shells. The supply for each person should be unlimited as the demand will be great.

66. CREAMED OYSTERS.

1 pint oysters.
1½ cups white sauce.
⅛ teaspoon celery salt.

Clean and cook oysters until plump and edges begin to curl; drain and add to thin white sauce, seasoning with celery salt. Serve on toast or in pattie shells, ramekin dishes, or scallop-shells. —(Fannie M. Farmer.)

67. FRIED OYSTERS.

Use large oysters; drain in a colander and turn upon a thick towel. Fold the towel over the oysters and dry well, by patting lightly. Sprinkle salt and pepper over the oysters; have ready a kettle of smoking hot lard, a bowl containing about a pint of flour with which has been sifted a teaspoon of baking powder; a bowl containing two eggs beaten and diluted with two tablespoons of cold water, and upon the meat board, a good supply of cracker or stale bread crumbs. Also have ready a wire dish drainer in which a piece of coarse brown paper has been folded, ready for draining the oysters after frying. Also have ready the heated platter or plates upon which the oysters are to be served. Much depends upon making careful preparations, working quickly and serving at once.

After the oysters have been drained and seasoned with pepper and salt, pick up each one lightly with a fork, roll in the prepared flour, dip into the egg batter, then roll in the crumbs and lay into frying basket. When the bottom of the frying basket is comfortably covered, fry the oysters. For this purpose there should be two frying baskets. Prepare oysters and fill the second basket while tne first is frying, and so on. A second person should watch the kettle to prevent lard from taking fire and to remove oysters as soon as they are a rich, golden brown. These oysters will be crisp and puffy.

XII

Meats

Knowledge of marketing is best acquired by experience. Do not be afraid to ask questions. Knowledge is not gained by "pretending to know." Profit is sometimes gained by asking questions even when one does know. An accommodating butcher is always glad to explain from what part of the animal various cuts come, and for what purposes they are best adapted. This should be learned, also the appearance of various cuts when fresh and their color when of good quality and properly aged.

Meat should be moist, juicy, firm and fine grained. If the quality is good, the fat will be almost white, firm, clean looking and dry—not yellow, soft or oily.

Always wipe meat as soon as received from the market, with a fresh piece of cheese cloth, carefully removing all dust and clotted blood, put on a clean plate, cover with a bowl or clean cloth and set away from the air in a cool place.

68. ROAST BEEF.

The finest pieces for roasting are the tip of the sirloin and the back of the rump. Cuts from the ribs may be roasted, either with the bone in (called a "standing roast"), or boned, rolled and skewered, or tied. The best beef usually has fine streaks of fat running through the "lean."

Wipe the meat with cheese cloth wrung out in cold water. Cut away any bits of blood or dust which adhere to suet or lean. When thoroughly cleansed, rub over with salt and pepper, dredge with flour, put upon meat rack in roaster and sear over quickly in a hot oven. Then moderate the heat and bake more slowly until "done" as you like it—rare or "well done."

Beef is considered best when somewhat rare. Do not cook it until dry. Basting every ten minutes or so with fat from the pan or with hot water in which a little butter has been dissolved, keeps it moist.

Put meat into pan with the best side *down*. When browned, turn it, to complete roasting. This brings it out with the best side up and handsomely browned. A covered roaster retains flavors and juices best.

69. BROWN GRAVY.

After removing meat from roaster, dip off as much fat as possible, add about half a cup of boiling water, work the spoon over bottom and sides of pan to loosen the caramelized brown which gives flavor, thicken slightly with a smooth paste made by mixing a tablespoonful of flour, a pinch of salt and a little water; allow gravy to bubble upon top of stove for two or three minutes, season with pepper and strain into gravy bowl.

70. YORKSHIRE PUDDING.

1 cup flour.
¼ teaspoon salt.
1 cup milk.
2 eggs.

Sift salt with the flour, stir in milk, a little at a time, forming a smooth paste. Beat and add the eggs. Use a shallow square cake pan or small dripping pan; heat it very hot and brush inside with fat from the pan in which beef is being roasted. Pour in mixture, about ½ inch deep. Bake in hot oven about 20 minutes. When well risen and set (in about 15 minutes) baste with some of the drippings from meat pan. Cut in squares and serve around the roast.

The English way is to bake the Yorkshire pudding *in the roaster* by pouring it into the pan, under the meat. Basting in a separate pan produces quite as good results, however, and still leaves the pan drippings for gravy.

71. COLD ROAST BEEF.

Slice thin and serve cold, arranging the slices attractively upon a platter and garnish with parsley.

Serve with this white sauce, boiled potatoes and a green vegetable.

72. COMPOTE OF BEEF.

Slice and cut rather small, the remaining fragments of roast. Re-heat the brown gravy, saved for this pur-

pose, letting it bubble up until very hot. Add a little boiling water if the quantity is not as much as desired, or a little milk and a bit of butter. Arrange meat upon a hot platter, pour on the boiling hot gravy and serve at once.

With this serving have baked potatoes, a green vegetable and, if convenient, sliced tomatoes.

73. BRAISED BEEF.

Fragments of beef may be quickly braised in butter or beef drippings and served with baked potatoes and a white sauce.

74. BREAKFAST BEEF.

Mince fragments of beef in meat chopper. Melt a tablespoon of butter or beef drippings in frying pan, add the minced meat, salt and pepper. Brown quickly and add a cup of milk, a bit of rich cream if convenient, or a bit of butter. Pour over freshly toasted bread or shredded wheat biscuit.

75. HUNGARIAN TIMBALE.

Chop ½ pound cooked beef in the meat chopper; add a tablespoon of grated onion; season with celery salt and pepper; add enough tomato sauce to moisten and then mix in ½ pint of bread crumbs; have ready 2½ cups of boiled rice, seasoned with salt and a little butter, and mixed with the beaten white of one egg. Line a small buttered baking dish with a cup and a half of the rice, fill with meat. Cover with remaining rice; set baking dish into a pan of hot water and bake ½ hour in a moderate oven; serve with tomato sauce.

76. POT ROAST OF BEEF.

Six or seven pounds from the top of the round make the best pot roast. Solid meat that is without much bone and not too much fat, is preferable.

Skewer or tie the meat into good shape and rub with salt and pepper.

Into a large iron frying pan put a piece of beef suet, the size of a large egg, 5 peppercorns, 2 cloves, a bay leaf, half an onion, sliced, a sprig of parsley and a carrot sliced. Fry these, covered, while the suet is being "tried out"—about 6 or 8 minutes. By this time the pan should be piping hot. Remove seasonings with a spoon and put them into the large pot in which meat is to be cooked.

Brown the meat on all sides in the seasoned "drippings" in frying pan. Remove meat to the large pot, rinse frying pan well with a little boiling water and empty into the meat pot. Half cover the meat with boiling water and allow to simmer until tender.

If the water has been well evaporated leaving but little liquid in the pot, a brown gravy may be made by thickening a little with flour and water. Cook a moment, strain and season with a little pepper.

Garnish with any desired vegetable, these having been cooked separately, arranging them in attractive little mounds around the meat. Peas and carrots, cauliflower and peas, cauliflower and beet, peas and turnip, etc., make desirable combinations.

Remember, the parsley garnish is always attractive.

77. BROILED BEEFSTEAK.

The choicest steaks are the club or Delmonico cut, also known as "short steaks," sirloin, porterhouse and tenderloin. The top (upper side) of the round also makes very good steak.

The entire slice of the round may be purchased to better advantage, and the top side and bone used for steak, while the lower side may be ground in your meat chopper and used for meat balls or Hamburg steak. Meat for steaks should be at least one inch thick. Many like them an inch and a half. A good inch is about right.

Wipe the steak with a damp cloth, trim off superfluous fat, pound a little with wooden pestle; grease the broiler by rubbing with suet, arrange steak in it and hold very close to glowing coals. Count seven and turn; count seven and turn again; count seven and turn once more, count seven once more and hold a little further from the coals, the outside being seared over to hold the juices. Cook about two and a half or three minutes, turn and cook about the same length of time. Six or eight minutes over the right fire should broil a steak which should be delicately rare in the center.

Serve steak on a hot platter, sprinkle with salt, spread with maitre d'hôtel butter, garnish with slices of lemon and sprays of water cress or parsley.

78. PAN BROILED BEEFSTEAK.

If one prefers a steak cooked in the pan, prepare and serve exactly as for broiling.

Use a cast iron frying pan and have it very hot. Grease with suet, put in the steak, count ten, lift steak from pan, count ten while pan heats, *turn* steak into pan again, count ten, lift steak and count ten, turn steak into pan again and fry about five minutes upon each side. It should be cooked about as much as when broiled. Three or four tablespoons of water may be used to rinse the frying pan well and this rich liquid poured upon the steak which has been spread with maitre d'hôtel butter.

79. FRENCH SAUTÉ OF TENDERLOIN.

2 pounds beef tenderloin or steak cut thick.
1 onion.
3 tablespoons of butter.
1 tablespoon of flour.
2 cups of cream.
2 tablespoons Worcestershire sauce.
1 tablespoon chopped parsley.

Cut the beef into slices about the size of a half dollar and a quarter inch thick. Chop the onion and brown in a sauce pan with the butter; add sliced meat and fry five minutes; sprinkle over with flour, add the cream and Worcestershire sauce; add the chopped parsley. Cook for two or three moments and serve in a warmed vegetable dish, or deep platter. Garnish with olives.

80. FILLET OF BEEF WITH PEAS.

2 pounds of beef tenderloin or steak.
2 tablespoons of butter.
Scant tablespoon of flour.
⅓ of a cup stock.

Slice the tenderloin about one inch thick or cut the steak into one inch strips about two inches long. Brown in butter in a frying pan for seven minutes or so. Place on a hot platter and set into warming oven. To the juice and butter in frying pan, add the flour, stock (in the absence of stock water may be used), boil up well and pour this sauce over the steak. With this, serve French peas in a separate vegetable dish.

81. BEEF TENDERLOIN WITH TOMATO SAUCE.

2 pounds beef tenderloin or steak.
1½ tablespoons of butter.
⅔ of a cup stock.
3 tablespoons of tomato catsup.
1 tablespoon Worcestershire sauce.

Prepare as for Fillet of Beef. When the beef has been removed to the platter, also add to the contents of frying pan the tomato catsup, Worcestershire sauce and stock. Boil for 5 minutes and pour over the meat.

82. MEAT BALLS.

The lower side and vein end of round steak may be used for meat balls which are very nutritious and easily digested.

Use the meat cutter and cut the steak using little or no fat. Salt the meat slightly and shape with the hands into two inch balls, flatten to about one inch thick and fry quickly in a very hot pan, greased with suet. Some persons with delicate stomachs can eat these meat balls just barely seared over, but not cooked more, when other foods are quite indigestible.

When well browned and served with maitre d'hôtel butter, and gravy from the pan, and garnished with sliced lemon and parsley, they are very palatable.

83. HAMBURG STEAK.

Chop meat as for meat balls. In each pound of beef allow a tablespoon of chopped onion, also salt (about a half teaspoon). Shape, cook and serve as for meat balls.

84. BEEF Á LA MODE.

With strips of cloth bind six or eight pounds of beef from round, into circular shape. Made incisions with a sharp knife and into these press strips of salt pork ½ inch thick and ½ inch wide. Make other incisions and into these press bread stuffing seasoned as for poultry. Heat drippings or trimmings from salt pork and in this brown the outside of the meat. Add a sprig or two of parsley, 2 onions and ½ a carrot sliced thin; half cover with boiling water and simmer until tender. Five to seven hours may be required; replenish with hot water as needed. An

enamel iron pot with tight fitting cover is the best utensil for this dish.

A rack in the bottom makes turning unnecessary. Garnish with boiled onions, season, baste with butter and brown in a hot oven. Skim fat from liquid in which the meat has cooked. Thicken remaining liquid with flour and water; drain and serve as a sauce with the meat. Liquid should have been boiled down to one quart or less.—(Mrs. Janet McKenzie Hill.)

85. BEEF STEW.

For stewing, the chuck and even the neck may be used. These are inexpensive cuts, but, if the beef is of good quality and well aged, these are quite tender, cooked in this way, and are highly nutritious. Or, 5 pounds of aitch bone may be used.

Have the meat cut into 1½ inch cubes and the bone cracked open. Try out some of the fat in a frying pan and when very hot brown half of the meat by frying quickly until a caramel brown. Put all into an enameled or aluminum stew pot, just cover with boiling water (also add rinsings from the frying pan) and for each pound of meat add 3 peppercorns, ¼ bay leaf and one clove. Boil for five minutes, then simmer slowly from 2 to 3 hours, or until meat is tender. Those who like the flavor of onion may add a half onion, sliced.

About a half hour before it is done, remove bones, most of the fat and skin. Then add salt and pepper and potatoes pared and cut into ½ inch slices.

The liquid should have boiled down so as to not quite cover.

Make dumplings (see No. 426) and cook for 7 minutes, letting the batter rest upon the meat and potato but not in the liquid.

If desired, the gravy may be thickened a little after removing dumplings by adding a heaping teaspoon of flour made into a smooth paste by stirring a pinch of salt into the flour and adding a little water. The salt prevents "lumping" of the flour.

Serve a stew upon a deep platter, with dumplings arranged upon a separate one. Green peas or spinach are desirable as a vegetable to be served with a stew.

86. HUNGARIAN GULASCH.

(As prepared by the Hungarian Shepherds.)

Two hours are required for making this famous Hungarian dish. Pare and chop fine one small onion. Fry ten minutes in 2 tablespoons butter, taking care not to brown or burn.

Have ready 1½ pounds of beef (part beef and part veal may also be used). The beef may be from the under side of the round or any other good but inexpensive cut. Cut into ¾ inch cubes and add to onion and butter. Draw back from the fire and allow to simmer, closely covered, for 45 minutes. Then draw forward and add 1 full cup of tomato (either fresh or canned) salt to taste, a little black pepper, and ¼ teaspoon paprika. More or less paprika may be added as desired, but if served in Hungarian style the gulasch should be *hot*.

Now add boiling water to cover well and cook a half hour, then add about 5 potatoes which have been pared, cut into ½ inch dice and allowed to stand in cold salted water for 20 minutes. Cook for 15 minutes after adding potato and add more water if necessary. There should be plenty of liquid, when done, to cover well.

Serve at once. Some fresh cooked vegetable and lettuce salad combine well with gulasch. May be re-heated the second day and found quite as good as at the first.

87. BEEF WITH ONIONS.

2 pounds boiled beef.
12 onions.
3 tablespoons butter.
1 tablespoon flour.
2 cups of beef stock.
Salt and pepper.

Slice the beef quite fine and arrange in a shallow baking dish. Slice the onions and let them cook in a stew pan with three tablespoons of butter until a light brown. Sprinkle over a tablespoon of flour, add 2 cups of stock and allow to boil up a moment. Pour over the beef and bake one hour.

88. BEEF NEW ENGLAND STYLE.

Bits of beef or other meat may be nicely served in the following manner:

Grease a small baking dish; cover the bottom with mashed potatoes; add a

thick layer of beef or any other meat, chopped in the meat cutter; season with salt, pepper, a few drops of onion juice, and moisten with brown gravy and beef stock, or milk. Cover with a layer of mashed potatoes, brush over with beaten egg, dust with pepper and salt, and bake in a hot oven until heated through.

89. BRESLAU OF BEEF.

2 cups of cold minced beef.
½ cup of stock.
2 tablespoons butter.
½ cup of dry bread crumbs.
1 cup of cream.
1 tablespoon chopped parsley.
Yolks of 3 eggs.
1 level teaspoon salt.
¼ teaspoon black pepper.
Paprika.

Beat the yolks and mix all ingredients thoroughly. Brush breslau cups with melted butter (any individual earthen dishes which will stand oven heat may be used). Press the breslau into the cups, stand them in a baking pan partly filled with boiling water and bake in a quick oven for 30 minutes. When done, turn out upon a platter and pour tomato sauce around them. Garnish with parsley.

90. ROAST BEEF CROQUETTES.

Season cold beef minced, in the meat chopper, with salt, pepper and a few drops of onion juice, Worcestershire sauce or beef extract, and for each cup of meat, two tablespoons of cracker crumbs and a tablespoon of melted butter. If not moist enough to handle, add a bit of beef gravy.

Shape into croquettes, roll in crumbs then in egg, then in crumbs and fry in deep fat. Serve with white or tomato sauce.

91. BEEFSTEAK PIE.

4 pounds of beef round (or any tender cut.
1 pound flour.
1 teaspoon baking powder.
6 tablespoons butter.
1 cup of water.
1 onion.
6 potatoes.
3 hard boiled eggs.
1 egg.
1 cup stock.
1 tablespoon Worcestershire sauce or beef extract.
Salt and pepper to taste.

Make a pie crust in which is sifted the baking powder; 4 tablespoons of butter, 1 cup of water and a little salt. Divide this dough into two parts and roll quite thin. Place half in a deep baking dish, taking care that the dough falls over the edge about ½ inch. This to be folded over the upper crust. Cook the beef as for Fillet of Tenderloin and when half cooked, place in a baking dish with three hard boiled eggs sliced, and the potatoes cut into ½ inch slices. Into the pan in which meat was fried, put 1 cup of stock, 1 tablespoon Worcestershire sauce or beef extract, salt and pepper; stir well and pour over the meat. Arrange the upper crust in place having first cut several slits to allow escape of steam. Fold the under crust over and pinch into place. Brush over with a beaten egg and bake about one hour.

92. NEW ENGLAND BOILED DINNER.

Wipe a four-pound piece of corned beef, tie into shape, cover with cold water in a large stew pot, and bring slowly to a boil. Boil five minutes and empty off the water. See that none of the scum adheres to the meat. Replace meat into pot, cover with boiling water and simmer slowly until tender. Partly cool in the water in which it was cooked, remove to a plate and allow the liquid to cool thoroughly, that the grease may form into a cake. Remove this grease and, an hour before dinner time, put the pot of liquid back upon the stove. Add a cabbage quartered, a large turnip or two small ones, cut into half-inch slices, and 3 carrots, quartered. In 15 minutes add ten or twelve potatoes, pared, and the meat.

Meanwhile, boil two beets of medium size in the usual way, cooking them the full time required for beets. Ten minutes before serving, put the beets into corned beef pot, to gather the characteristic flavor. If cooked together in the corned beef liquid, the salt would destroy the color of the beets. When all vegetables are cooked, take up cabbage on separate dish and the corned beef on a very large platter with part of the vegetables arranged around it.

More vegetables than needed for dinner are usually cooked in order to have plenty of material for the famous "New England Hash" for the next morning's breakfast.

93. NEW ENGLAND HASH.

Chop in the meat cutter enough to make 1½ cups chopped corned beef, 1¼ cups potatoes, ⅔ cup turnip, a bit of carrot and a heaping cup of beets. Plenty of beets make this hash most delicious.

Melt 2 tablespoons of butter or beef drippings in frying pan, having pan very hot. Moisten chopped ingredients with a half cup of milk, add a bit of pepper, turn into buttered pan and cook over hot fire 3 or 4 minutes. Do not stir. Remove to a place not hot enough to burn. Cover and cook ten or fifteen minutes. Turn out upon a round chop platter (heated) and a golden brown crust should cover the hash. Garnish with parsley sprays.

Serve home-made cucumber or tomato pickle with this satisfying breakfast dish.

94. CORNED BEEF HASH.

Remove skin and gristle from cooked corned beef and chop the meat; use mostly lean. To chopped meat, add an equal quantity of cold boiled chopped potatoes. Season with salt and pepper; put into a hot buttered frying pan, moisten with milk or cream, stir until well mixed. Spread evenly, then place on a part of the range where it may slowly brown underneath. Turn and put on a hot platter. Garnish with parsley.—(FANNIE M. FARMER.)

95. BOILED TONGUE.

Thoroughly wash a corned ("pickled") beef tongue. Cover well with cold water in a large pot, cover and bring slowly to boiling. Boil 5 minutes and pour off the water. Rinse the tongue with boiling water, pour this off, then cover with boiling water and cook slowly until tongue is very tender—about four hours.

Partly cool in the water in which it was boiled, remove tongue to a plate and skin it carefully, also removing small bones and fat at the base of the tongue.

Cool the tongue and serve it, sliced very thin, with garnish of parsley.

96. BEEF TONGUE—FRENCH STYLE.

1 beef tongue.
2 carrots.
2 onions.
1 celery stalk.

Freshen tongue in cold water about four hours (water should be changed at least four times), place the tongue in a kettle with enough cold water to cover well; add the carrots, onions, celery, all sliced and cook four hours. Dip the tongue in cold water, skin it, put again into the stock in which it was cooked and as soon as it is warm, place in a warm dish with green parsley and serve with pepper sauce.(FRENCH CHEF.)

97. TRIPE IN BATTER.

Dry pickled tripe by patting between folds of a clean napkin.

Make a batter by mixing ¾ cup flour and ¼ teaspoon salt with ½ cup cold water added gradually to make a smooth paste. To this add one egg well beaten.

Cut tripe into pieces about 3 inches square, dip in the batter and fry in about five tablespoons of hot beef drippings.

98. CHIPPED BEEF IN CREAM.

Break thin slices of dried beef into ¾ inch pieces. Cover with boiling water and allow to stand ten minutes. Drain and proceed the same as for codfish in cream.—(SEE No. 53.)

99. VEAL.

Veal should be first seared to retain juices, then given a long, slow heat until thoroughly cooked. It should never be served rare like beef, or it will be less palatable and much less digestible. Veal is not as easily digested as beef or as highly flavored, but it is delicate and therefore popular.

100. ROAST VEAL.

The loin, the leg or the breast are the parts from which a roast of veal is chosen. The leg is both juicy and economical, also best in appearance, though for economy the breast may be selected. The shoulder, neck and fore shank may also be included, if a large piece be required, the breast and shoulder boned and kept in one piece, making an excellent roast, while the bones, the neck and the shank, with possibly a bit of pork, will give for the second meal, a most delicious stew and a liberal quantity of rich stock. This brings down the average price, as the breast (about

6 or 7 pounds) usually sells for 15 cents a pound, while the neck, shoulder joint and shank are but 12 cents. From a good milk fed calf, the meat of all these parts will be found a delicate pinkish tint, the fat white and crumbly, the bones when cracked open, a handsome red; while the flavor when cooked is delicious and the quality tender.

For a plain roast, wipe off the meat with damp cheese cloth, rub over with salt and pepper, dredge with flour, and place in a covered roaster. A thick earthen roaster is best for veal, as it transmits the heat slowly, holds it long, and keeps the temperature even—just the conditions best adapted to slow roasting. Into the roaster pour a cup of boiling water in which a large tablespoon of butter has been dissolved, cover, and put into a hot oven, moderating the heat after ten or fifteen minutes, and roast slowly, allowing from two to four hours, according to size. Put the veal into the roaster with the best side down, and turn when about half done, to brown the best side last.

In an iron roaster, veal should be basted every 15 or 20 minutes, but in the earthen roaster or "Dutch oven" the veal need be basted only 2 or 3 times as the steam bastes it sufficiently. With this roaster, veal may be put in before church and, with a *moderate* fire, safely left to roast itself while the family attends service.

101. STUFFED VEAL.

If boned, the cavity left by the bone may be filled with stuffing made as for poultry. A bit of grated lemon peel may be added to veal stuffing if desired. Tie securely with strips of fresh, old linen and prepare and roast as directed above.

102. VEAL GRAVY.

If there is much fat in the pan drippings, dip off most of it .after removing the meat, add a little hot water, rinse well the sides of the roaster to dissolve the rich, brown, caramelized bits which give flavor. Thicken very slightly with a smooth paste made of flour, a bit of salt and water; cook a couple of minutes, season with a little pepper and strain into gravy bowl.

103. VEAL POT PIE.

Use the shoulder, joint, neck and fore shank (3 to 5 pounds). Cut into 2 inch pieces, crack the bones, cover with boiling water, add 6 peppercorns, a bay leaf, 3 cloves, half an onion, sliced; boil briskly for 5 minutes, then simmer slowly for 2 or 3 hours. If desired richer, add a pound of fresh pork, part lean and part fat. If water boils away, add just enough to keep the meat nearly covered. When thoroughly done, drain the stock into separate vessel, catching meat and bones in colander. Pick out and cast away the bones and superfluous gristle, tendons and fat. Replace in the pot as much meat as desired for dinner. Nearly cover with the stock, add potatoes pared and cut into ½ inch slices, and cook 20 minutes.

Make dumplings and drop with a spoon upon the meat and potato, but do not allow dumplings to rest in the liquid. If necessary dip out a little of the stock, cover tightly and steam dumplings 8 minutes. Take up the dumplings upon separate dish. Thicken gravy slightly, season with pepper and serve meat, potatoes and gravy in a deep platter or covered dish.

104. VEAL PIE.

Veal may be used instead of beef in making a meat pie with pastry crust.—(See Beefsteak Pie, No. 91.)

105. VEAL CUTLETS.

Veal Cutlets may be sliced from the leg, from the loin or from the ribs. Loin and rib cutlets are very sweet but have more bone. The leg cutlets or steaks are nearly all solid meat. Cutlets may be cooked slowly in butter or beef drippings, being finally browned handsomely; or they may be breaded by rolling in cracker crumbs, dipping in beaten egg (diluted with 2 tablespoons cold water to each egg), then roll cutlets in cracker crumbs again and sauté slowly in butter or beef drippings.

Serve cutlets either with white sauce, poured around the cutlets or served apart, or serve a tomato sauce poured over them. Garnish with parsley.

106. VEAL CROQUETTES.

2 cups chopped cold cooked veal.
½ teaspoon salt.
⅛ of a teaspoon pepper..
Few grains of cayenne.
Few drops of onion juice.

Yolk of one egg.
1 cup thick sauce.
Mix ingredients in order given. If convenient use rich white stock in place of milk when making the thick sauce. Shape into croquettes; roll in cracker crumbs, then in a beaten egg, diluted with 2 tablespoons of cold water; then in crumbs and fry to a golden brown in deep fat.—(FANNIE M. FARMER.)

107. VEAL IN BUTTER.

Slices of veal may be browned quickly in butter or beef drippings. Spread with maitre d'hôtel butter and serve with baked potatoes and green peas.

108. SCALLOPED VEAL.

Proceed as for Scalloped Fish (see No. 61), having the cold veal cut into ¼ inch cubes.

109. BREAKFAST VEAL.

Fragments of veal may be minced and served as in No. 74, for breakfast.

110. SABLE ISLANDS.

Mince veal fragments in meat chopper, brown them well in butter, adding a bit of chopped parsley.

Prepare a white sauce and have ready slices of toast or shredded wheat biscuit (if the latter, hollow out the top about a half inch). Pour boiling water quickly over toast or biscuit and quickly off again to just heat and moisten, spread on bits of butter, dust with salt. Cover toast or fill cavities of biscuit with mounds of the browned meat, and pour the white sauce around and over the slices but not over the meat, leaving the dark islands of meat, each of which may be garnished with a tiny sprig of parsley.

111. BLANQUETTE OF VEAL.

Re-heat two cups of cold roast veal; cut into small strips in 1½ cups of thin white sauce. Serve in a potato border and sprinkle over all, finely chopped parsley.—(FANNIE M. FARMER.)

112. RAGOUT OF VEAL.

Re-heat two cups of cold roast veal, cut into cubes in 1½ cups of brown sauce; seasoned with 1 teaspoon of Worcestershire sauce, a few drops of onion juice and a few grains of cayenne.—(FANNIE M. FARMER.)

113. VEAL LOAF.

Separate a knuckle of veal into pieces by sawing through the bone. Wipe, put into kettle with 1 pound of lean veal and one onion; cover with boiling water and cook slowly until veal is tender. Drain and finely chop meat; season highly with salt and pepper; garnish bottom of mould with parsley and slices of hard boiled eggs. Put in a layer of meat, a layer of thinly sliced hard boiled eggs, sprinkle with finely chopped parsley and cover with remaining meat. In filling the mould, stand slices of eggs around the edge so they will appear on the sides of the loaf when it is slipped out of the mould. Pour over all, the liquid in which meat was cooked. This should be reduced to one cupful. Press and chill; turn out upon a flat platter and garnish with parsley.

LIVER.

Calf's liver is best, though beef liver may be used. Always be sure that liver is of a bright, clear color and that it is without spots or discolorations, otherwise it is diseased and unfit for food.

114. LIVER AND BACON.

Order calf's liver, cut into ½ inch slices. Cover with boiling water for five minutes. Wipe with a napkin or cheesecloth, dredge lightly with salt and pepper, roll in flour, dip into beaten egg diluted with two tablespoons of water, roll in flour again or in fine bread crumbs and fry in bacon fat tried out from thin slices of bacon which have already been fried crisp and laid aside upon a hot platter.

Fry the liver seven or eight minutes, and serve with a piece of bacon and a sprig of parsley upon the top of each slice of liver.

115. BROILED LIVER AND STEAK.

Broil beefsteak as usual. Dip ½ inch slices of calf's liver into melted butter, broil over glowing coals, serve liver and steak upon the same platter, with maitre d'hôtel butter and parsley garnish.

116. BREAKFAST LIVER.

Mince finely cold calf's liver and a bit of cold beefsteak; season with pepper, salt and butter and heat in a sauce

pan; moisten with cream or milk. Serve upon freshly toasted bread or upon shredded wheat biscuit.—(M. S. S.)

117. MUTTON AND LAMB.

Mutton and lamb are usually well done, though mutton may be slightly rare, if liked. Lamb, however, is not wholesome unless thoroughly cooked.

Lamb is distinguished from mutton by the pink or reddish color of lamb bones, those of mutton being white.

Always remove the loose, fibrous fat (or caul) around the outside of a leg of lamb or mutton, and, in mutton, strip off the pink outer skin. This will largely obviate the strong flavor, so objectionable to most people. If fresh and good, the fat should strip off readily.

118. ROAST OF LAMB OR MUTTON.

Prepare leg of lamb or mutton as above described, wipe off with damp cloth, rub with salt and pepper, dredge with flour, arrange on rack in roaster; pour a cup of boiling water into the pan and set into a hot oven for 15 minutes. Then moderate the heat and roast very slowly until thoroughly done, allowing from 1½ to 1¾ hours. The thick earthen roaster or Dutch oven is desirable for lamb and mutton. When it has been in 15 minutes, baste and cover. If the earthen roaster be used, it need be basted only once or twice. In an iron roaster it should be basted every 15 minutes.

Serve green peas or spinach as vegetable, also a tart jelly, current being the favorite.

119. CROWN ROAST.

A crown roast is the most easily served and at the same time is the handsomest that has been devised. It may be fashioned from a full loin, but is of more perfect shape when cut from both loins and fastened together at the sides. Cut the same number of ribs from both sides of a saddle of mutton, selecting ribs on one side to correspond to those on the other. Cut the ribs apart at the backbone, but separate the chops no farther. Trim the bones as for French Chops, remove the trimmings to make the meat on the chops of uniform height, or leave the trimmings on each side in one piece and roll this over and over backwards.. When the ends are joined, a circle or crown of meat is formed. If necessary, trim the bones to make all of the same length. Cover the ends of bones securely with strips of salt pork. Rub with salt, set in a hot oven 10 or 15 minutes, then reduce the heat, and if necessary to keep drippings from burning add hot water. Baste with the drippings and cook from 45 to 60 minutes, basting often. Press a cup into the center of the circle of meat to insure its shape. To serve, fill the center from which the cup has been taken with green peas, blanched chestnuts, cooked tender in stock, Saratoga chips or French fried potatoes. A crown roast usually sells for 25 cents a pound, the flank being included in weighing the meat. Often the flank is not sent with the crown unless by special request. As the flank makes up nearly one-half of the weight paid for, it should be claimed, being good for a stew.—(Mrs. Janet McKenzie Hill.)

120. BOILED MUTTON.

The leg or shoulder are the pieces usually boiled. Put over the fire, using a good sized pot. Barely cover the meat with boiling water, and boil about 10 minutes; then simmer until tender. Season with salt when half cooked, a few slices of onion, carrot and turnip, or two or three stalks of celery may be added while cooking. When tender, brush over the meat with drawn butter sauce and sprinkle with fine chopped parsley. Serve with drawn butter sauce, to a cup of which two tablespoons of capers or chopped pickles have been added. The broth makes a particularly good tomato soup.—(Mrs. Janet McKenzie Hill.)

121. MUTTON SHOULDER.

Family Style.

4 or 5 pounds of mutton shoulder.
2 onions.
1 dozen potatoes.
Salt and pepper to taste.

Place the shoulder in roaster and around it the onions and potatoes. Add a cup of water; sprinkle with salt and pepper and roast for 1 or 1½ hours, basting frequently. Serve on a hot platter with potatoes around the meat and gravy poured over it.

122. BLANQUETTE OF LAMB.

Take of mutton shoulder and brisket about 3 or 4 pounds, cut into 1½ inch cubes. Place mutton in a small stew pot with 2 tablespoons of butter. Brown well, add 2 cups stock or boiling water, 6 carrots quartered lengthwise, 12 small onions, cook slowly 1½ hours, basting frequently. Serve the mutton with vegetables around it. Skim fat from liquid and serve separately, as a gravy.

123. IRISH STEW.

About 6 pounds brisket of mutton.
10 onions.
6 or 8 sprays of parsley.
1 dozen potatoes.
3 even tablespoons flour.
2 cups of stock or water.

Cut the meat into two inch cubes. Place in an enameled iron or aluminum pot; add boiling water to cover well and skim while boiling. Add the onions, parsley (tied in a bouquet) and cook for one-half hour. Add the flour beaten to a smooth paste with two cups of stock or water, and the potatoes cut in halves and cook for another half hour.

124. SCOTCH BROTH.

(SEE NO. 30.)

125. MUTTON OR LAMB CHOPS.

Chops cut from the loin have more meat upon them. The rib chops, although largely bone, are exceedingly sweet, especially when cut from good lamb. Rib chops which have the meat cut away from the long bone, leaving the round portion at larger end, are called French chops.

Slices, called cutlets, are sometimes cut from a leg of mutton and are cooked the same as chops.

Loin chops should be neatly skewered into a round shape. Always trim off the outer pink skin and wipe carefully. Brush over with melted butter and broil over hot coals, or grease a frying pan with a bit of fat and fry the chops at first slowly, until thoroughly done, then brown over quickly.

Chops may be attractively arranged in many ways. They may be garnished with parsley and lemon slices, or spread with maitre d'hôtel butter; or, as Mrs. Hill suggests, they may be arranged in circular form upon a round chop platter and the center filled in with potato balls, French fried potatoes, potato chips, green peas, stringed beans or blanched chestnuts; or the chops may be arranged around a mound of chopped spinach or mashed potatoes.

126. BREADED MUTTON CHOPS.

Dip mutton chops in melted butter; roll in cracker crumbs and broil very slowly over the coals. The fire must not be too hot.

127. LAMB CROQUETTES.

1 tablespoon finely chopped onion.
2 tablespoons butter.
¼ cup flour.
1 cup stock.
1 cup cold cooked lamb cut into ¼ inch dice.
⅔ cup boiled potato cubes (same size).
Salt and pepper.
1 teaspoon finely chopped parsley.

Fry onion in butter five minutes; then remove onion. To the butter add flour and stock and cook two minutes. Add meat, potatoes, salt and pepper. Simmer until meat and potato have absorbed this sauce; add parsley and spread on a shallow dish to cool. Shape, dip in crumbs, egg, and crumbs again; fry in deep fat. Drain on brown paper; serve with tomato sauce.—(FANNIE M. FARMER.)

128. BREAKFAST LAMB.

Mince roasted or boiled lamb, season with pepper and salt. Brown in butter, adding a pinch of minced parsley. Serve for breakfast on buttered toast with heated cream poured over it.

PORK.

The best of pork is none too good.

129. ROAST PORK.

Pork is prepared for roasting in the same manner as beef, but should be roasted slowly and very thoroughly to be sure that all undesirable germs are destroyed. Dredge both meat and pan with flour.

When roasted, dip off all fat possible, from pan drippings, add boiling water for gravy, rinse around the pan well and, if not thick enough from flour in the pan, thicken a little more.

Serve tart apple sauce with pork.

130. PORK TENDERLOIN AND SWEET POTATOES.

Wipe pork tenderloin, put into a dripping pan and brown quickly in a hot oven. Then sprinkle with salt, pepper and powdered sage and bake 45 minutes, basting every 15 minutes.

Pare six sweet potatoes, parboil for 10 minutes, drain; put into a pan with the meat and cook until soft, basting them when basting the meat.—(FANNIE M. FARMER.)

131. PORK TENDERLOIN, FRENCHED.

For five persons, purchase two good sized pork tenderloins, fresh and sweet, and have each tenderloin divided across into fifths and each piece stood on end and spanked flat with the cleaver. The butcher will do this properly when told to "French" the tenderloin.

Frenched tenderloin may be fried slowly in butter until well done and well browned, and served with maitre d'hôtel butter spread upon the chops and melted by their own heat; garnish with slices of lemon.

Or pork tenderloins may be rolled in cracker crumbs, egg, and cracker crumbs, fried in butter and served with tomato sauce.—(FANNIE M. FARMER.)

132. SPARE RIBS.

Wipe spare ribs with damp cloth, rub over with salt and pepper (plenty of salt), dredge with flour and put into uncovered roaster. Roast in a pretty hot oven, turn when one side is well browned and roast until a deep golden *brown* and *crisp*.

Dip off most of the fat and make a white sauce by adding two heaping tablespoons of flour; cook on top of stove until flour and fat are mixed and thickened, then add milk gradually (one or two cups) until of the consistency desired. Strain and serve in gravy bowl.

Garnish spare ribs with lemon slices and parsley and serve apple sauce.

133. PORK CHOPS.

Wipe chops carefully, rub with pepper and salt and fry slowly in their own fat until thoroughly cooked, tender and brown.

Remove chops to a hot platter and keep in warming oven while frying apples cut across into ½ inch slices and done in the pan in which chops were fried.

Arrange apple slices around the chops.

134. FRIED SALT PORK.

New England Style.

Cut sweet salt pork into ⅛ inch slices. Scrape the rind carefully. Fry slowly until a golden brown. Pork, as soon as taken from the fat, should be crisp and brittle.

Pour off part of the fat, leaving three tablespoons. Add three tablespoons flour and stir until well mixed with the fat. Add a pint of milk gradually. Season with pepper and serve separately in gravy bowl.

135. BACON AND EGGS.

Bacon should be fried in the same manner as salt pork.

Fry eggs carefully, two at a time, in the bacon fat, tossing the fat up over the tops of the eggs with spoon. When a milky scum covers the yolk and the white is just cooked the eggs are done, unless they are liked turned.

136. HAM AND EGGS.

Ham should be cut into ¼ inch slices. Cut away rind and about half of the encircling fat. Freshen in tepid water, allowing to stand on back of range thirty minutes. Drain, dry in a towel, cook rather quickly, browning on both sides, but be sure it is cooked *through*.

Fry eggs in ham fat the same as with bacon.

137. BOILED HAM.

Soak a ham several hours or over night in cold water to cover. Wash thoroughly, trim off hard skin near end of bone, put into a kettle, cover with cold water, heat to boiling point and cook slowly until tender, allowing about one hour for each three pounds. Remove kettle from range and set aside that ham may partially cool; then take from the water, remove outside skin, sprinkle with sugar and fine cracker crumbs and stick with cloves, ½ inch apart. Bake one hour in a slow oven. Serve cold, thinly sliced.—(FANNIE M. FARMER.)

XIII

Poultry and Game

Young birds are preferable for roasting and broiling. Older ones may be used for fricassee, etc. The yellow chickens and fowl are usually thought to be richer.

Poultry should be moderately fat. A young bird may be known by feeling the end of the breast bone; if hard and set, the bird is a fowl; if flexible, it is a chicken.

If an extra fine chicken is desired for roasting or broiling, ask for a capon. These are very fine in flavor and quality and, of course, cost more.

Wash with greatest care, especially inside, removing the "lights" and all adhering particles of fat, blood, entrails, etc. Pick out pin feathers and single by holding the bird over a newspaper crumpled and set on fire on top of the stove. Cut off legs at joint, just below the drum stick. Rub inside of bird with salt, pepper and butter, stuff, sew up, keeping a good shape, run two skewers through the body, one about two inches from the tail and another through the web of the wings, where wings are held in position, close to the breast.

Cut off half of the neck, leaving an inch of extra skin, and tie this skin by binding white twine several times around it.

Tie the wings into place by lacing twine around ends of the breast skewer; push the legs well up and cross them at the ends, lacing twine around them and around ends of the second skewer.

While tying, lay a thin slice of salt pork under each wing and each leg. Rub the skin over well with butter, salt and pepper. Dredge lightly with flour.

Support upon rack in roaster, *breast down*. Dissolve a tablespoon of butter in a cup of boiling water and let this stand on back of stove. Use this for basting.

Begin roasting in a hot oven. When the flour has browned, reduce the heat, turn the bird breast up, and when browned on the top, baste.

Chicken and young duck require from 1 to 1½ hours to roast, fowl from 1½ to 2½ hours; turkey and goose from 2 to 3 hours, according to size. Baste every 15 minutes. When done, remove all strings. Send to the table with garnish of parsley.

138. GIBLET SAUCE.

Save the gizzard, liver, heart, tip of wings and neck for giblet sauce. Cook all in one cup salted water until tender. Cast away neck and wing tips. Mince giblets in meat cutter and return to the liquid.

When bird is roasted, remove from the pan, dip out any clear fat in the pan, add a half cup of boiling water, rinse pan well to get all the brown coloring, thicken slightly with flour (rubbed to paste with a little cold water), cook two or three minutes, season with pepper, strain into gravy bowl and add giblets and their liquid (the latter should have cooked down to very little).

139. STUFFING FOR POULTRY.

Make about as much as will be needed to fill the bird good and plump, stuffing at both ends. For each cup of cracker or stale bread crumbs (use both, mixed) allow ⅛ cup butter, ⅛ cup salt pork, chopped fine, ½ teaspoon poultry dressing (mixed sage and other herbs), ¼ teaspoon salt, a little pepper, ⅓ cup boiling water. Add seasonings to crumbs and add salt pork, working it in with the fingers. Melt butter in the boiling water and pour over, mixing well. Stuffing should be just moist enough to cling together well without being soggy. If preferred, ¼ cup butter may be used and the pork omitted.

140. APPLE STUFFING.

Tart apples pared, cored and cut into eighths may be used for stuffing the center of the bird, packing the bread stuffing around it. The apples lend a pleasant flavor both to the bird and the dressing and are very palatable. These will be found convenient if an insufficient quantity of the bread and cracker stuffing has been prepared.

141. BROILED CHICKEN.

Select young and tender chickens and order them split open, lengthwise, on the back. Wash thoroughly, dry with a towel, rub with salt, pepper and butter and broil slowly until cooked through and handsomely browned, but not scorched. Serve with maitre d'hôtel butter, slices of lemon and sprigs of parsley. Broiled chicken calls for French fried potatoes.

142. FRIED CHICKEN.

Use young chickens and cut into about eight pieces. Rub with salt and pepper, dip into milk, roll in flour and fry in butter until well browned. Serve on butter toast prints and pour over all the butter in which chicken was fried. Garnish with lemon slices and parsley.

143. CHICKEN SAUTÉ.

Carefully clean and wash the chicken, take off the legs and cut them in two, lengthwise. Take off the wings and cut the body into five pieces by cutting in two endwise between back and the breast; then cut each half in two crosswise and split breast again lengthwise. In a large frying pan, melt ½ cup of butter, add ½ an onion chopped; allow to simmer a moment or two, then add the chicken, sprinkle with salt and pepper and fry over a bright fire from 15 to 20 minutes. Sprinkle with chopped parsley and garnish with lemon slices.

144. CHICKEN IN A SNOW STORM.

Prepare and cut the chicken as for Chicken Sauté. Soak the chicken in cold water for 15 minutes. Place in a small stew pot, with one onion sliced, a carrot quartered lengthwise and 3 or 4 sprays of parsley tied together. Cover with water and allow to cook slowly until tender. Drain the chicken, saving the liquid, and place the meat in a frying pan or large sauce pan in which has been melted a tablespoon of butter mixed with a tablespoon of flour. Stir well, and add through a strainer the stock in which chicken was boiled. Have ready three or four cups of boiled rice, seasoned well with salt and sweet butter. When ready to serve add to the chicken gravy the yolk of an egg beaten with a tablespoon of milk.

Arrange the rice in snowy mounds around the edge of a large deep platter. Pour the chicken and gravy into the center. Sprinkle chicken lightly with pepper.

145. MARYLAND CHICKEN.

Dress, clean and cut up two chickens. Sprinkle with salt and pepper. Dip in flour, egg and crumbs; place in a well greased dripping pan and bake 20 minutes in a hot oven, basting after the first five minutes' cooking with ⅓ cup of melted butter. Arrange on a platter and pour over two cups of thin white sauce.—(FANNIE M. FARMER.)

146. CHICKEN STEW.

Dress, clean and cut up a fowl; put into a small stew pot, cover with boiling water and cook slowly until tender, adding ½ tablespoon of salt and ⅛ teaspoon of pepper, when fowl is about half cooked. Thicken stock with ⅓ cup flour, diluted with enough cold water to pour easily. Serve with dumplings.

If desired richer, butter may be added.—(FANNIE M. FARMER.)

147. CHICKEN PIE.

Dress, clean and cut up two fowls or chickens. Put into a stew pot with ½ onion, sprig of parsley and a bit of bay leaf; cover with boiling water and cook slowly until tender. When chicken is half cooked, add ½ tablespoon of salt and ⅛ teaspoon of pepper. Remove chicken, drain stock, skim off fat and then cook until reduced to four cups. Thicken stock with ⅓ cup flour diluted with enough cold water to pour easily. Place a small cup in center of baking dish, arrange around it pieces of chicken, removing some of the larger bones; pour over gravy and cool. Cover with plain pie crust in which several incisions have been made to allow escape of steam. Wet edge of crust and cut around the rim; rim coming close to the edge. Bake in a moderate oven until crust is well risen and browned. Roll remnants of pastry, cut into diamond shaped pieces, bake and serve with the pie when reheated.—(FANNIE M. FARMER.)

148. CHICKEN CROQUETTES.

1¾ cups chopped cold cooked fowl.
½ teaspoon salt.
¼ teaspoon celery salt.
A dash of cayenne or paprika.
1 teaspoon lemon juice.
Few drops onion juice.
1 teaspoon finely chopped parsley.
1 cup thick white sauce.

Mix ingredients in order given. Shape, roll in crumbs and fry same as other croquettes. White meat of fowl absorbs more sauce than dark meat. This must be remembered if dark meat alone is used. Croquette mixtures should always be as soft as can be conveniently handled, when croquettes will be soft and creamy inside.—(FANNIE M. FARMER.)

149. PRESSED CHICKEN.

Boil one or two chickens in water to just barely cover; add salt when half done, and when thoroughly tender, drain, saving the liquid. Remove all the meat from the bones, cast away the skin and keep the light and dark meat separate. Chop each and season to taste with salt and pepper. Butter bread tin; put in a layer of light meat, then a layer of dark and so on until all is used. Add the liquid, which should be boiled down to about one cup. Cover with buttered paper and put on a heavy weight. A clean board cut to just fit inside of the tin and a brick upon this answers nicely. Turkey may be prepared in the same way, slicing instead of chopping, and slices of hard boiled eggs may be used with either chicken or turkey. Arrange slices in the bottom and on the sides of the dish that they may come on the outside of the mould when it is tipped out.

150. SCALLOPED CHICKEN.

Butter a baking dish. Arrange alternate layers of cold cooked sliced chicken and boiled macaroni or rice. Pour over white, brown or tomato sauce. Cover with buttered cracker crumbs and bake in a hot oven until crumbs are browned.—(FANNIE M. FARMER.)

151. SCALLOPED TURKEY.

Make 1 cup of sauce, using 2 tablespoons of butter, 2 tablespoons of flour, ¼ teaspoon of salt and dash of pepper and 1 cup of stock obtained by cooking in water the bones and skin of a roast turkey. Cut remnants of cold roast turkey into small pieces. There should be 1½ cups; sprinkle the bottom of buttered baking dish with seasoned cracker crumbs, add turkey meat, pour over sauce and sprinkle with buttered cracker crumbs. Bake in a hot oven until crumbs are brown. Turkey, chicken or veal may be used separately or in combination.—(FANNIE M. FARMER.)

XIV

Garnishes and Sauces

152. JARDINIÈRE.

Jardinière makes a suitable garnish for tenderloins, veal, mutton, etc. Take two potatoes, cut into very small strips and French fried; about 1 cupful, a cup of green peas, green beans, carrots cut into dice or stripped small, lengthwise, and a cup of cauliflower cut into pieces about the size of a shagbark nut, each of these vegetables having been cooked separately in boiling salted water and then fried in butter. When the meat to be garnished is placed upon a long platter, arrange the fried potatoes at each end and in the middle of the dish; then tastefully arrange the other vegetables in attractive little mounds around the meat, alternating the colors.

153. GOLDEN GARNISH.

Use ½ dozen small carrots pared and quartered lengthwise. Place in a sauce pan with a cup of stock, and a tablespoon of butter. Cook until tender (40 or 50 minutes). When ready to serve add another tablespoon of butter; arrange around boiled mutton or other meats.

154. MAÎTRE D'HÔTEL BUTTER.

To one heaping tablespoon of fresh butter add an even teaspoon of finely minced parsley. By working the butter with a knife on the inside of a cup, the parsley may be mixed in evenly. This is spread over meats or fish when served and hot, the heat of the meat

being sufficient to melt the butter. For winter use, dry a liberal supply of parsley by tying in bunches and hanging downward until thoroughly crisp. Line a tin box with paraffine paper, lay in the parsley lightly and cover tight. For soups, these dried sprays may be thrown in whole, while for maître d'hôtel butter the dry parsley may be crushed with the hand and sifted through a wire sieve.—(French Chef.)

155. SAUCE POLONAISE.

¼ pound of butter.
1 hard boiled egg.
Several sprigs of parsley.

Melt the butter; add the egg and parsley, both chopped fine. Stir well and serve separately in a bowl. Particularly nice with fish.—(French Chef.)

156. PEPPER SAUCE.

1 onion.
1 carrot.
1 tablespoon flour.
1 cup vinegar.
1 cup stock.
A dash of paprika.
Pepper and salt.

Melt butter in a sauce pan; add onion and carrot chopped fine, and cook 5 minutes. Sprinkle over 1 tablespoon of flour and stir well and add 1 cup vinegar, 1 cup of stock, a pinch of thyme, ½ a bay leaf broken fine, salt and pepper, and cook slowly half an hour; strain, add a dash of paprika and serve separately or poured over meat. This sauce needs to be highly seasoned. It has been recommended for Beef Tongue Française.

157. HOLLANDAISE SAUCE.

½ cup butter.
Yolks of 2 eggs.
1 tablespoon vinegar.
¼ teaspoon salt.
A dash of paprika.
⅓ cup boiling water.

Put butter in a bowl, cover with cold water and wash, using a spoon. Divide into three pieces; put one piece in a sauce pan with the yolks of eggs and lemon juice. Place sauce pan in a larger one, containing boiling water and stir constantly with a wire whisk until butter is melted. Then add second piece of butter and as it thickens, the third piece. Add water; cook one minute; remove from the fire, then add salt and cayenne.—(Fannie M. Farmer.)

158. MINT SAUCE.

½ cup mint leaves.
½ cup vinegar.
1 tablespoon of sugar.

Chop the mint leaves; mix them in a bowl with the vinegar and sugar. Serve with leg of mutton.

159. WHITE SAUCE.
Mother's Way.

Make a thin white sauce by thickening two cups of milk with two tablespoons of flour (previously rubbed to a smooth paste by first mixing a pinch of salt with the flour and then adding a few spoons of water).

This sauce may be used as the foundation for codfish and cream, macaroni and cream, chipped beef and cream, etc.; ¼ cup sweet cream or a tablespoon of butter with seasoning of pepper being added just before removing from the fire.

The thickness of the gravy may be varied by having more or less thickening and the sauce may be further enriched by adding an egg, well beaten, with the cream or butter.

160. WHITE SAUCE.

Miss Farmer, in The Cooking School Cook Book, prepares thin white sauce by first melting the butter (2 tablespoons) until it bubbles. Add 1½ tablespoons flour, mixed with ¼ teaspoon of salt (except for salt fish) and a little pepper. Stir flour and butter until thoroughly blended and thick. Pour in 1 cup milk gradually, adding about ⅓ at a time; stir until well mixed, then beat until smooth and glossy. The sauce may be made a little more quickly if milk is first scalded.

This is a delicious sauce but requires 2 tablespoons of butter to each cup of milk. Less butter may be used, however, but Mother's way permits variations as convenient, such as adding but a small quantity of butter or just a bit of butter together with a little sweet cream, if that is more convenient.

161. THICK WHITE SAUCE.

For Cutlets, Croquettes, Etc.
2½ tablespoons butter.
⅓ cup flour.
1 cup milk.
¼ teaspoon salt.
A dash of pepper.

Make the same as thin white sauce —(Fannie M. Farmer.)

162. DRAWN BUTTER SAUCE.

⅓ cup butter.
3 tablespoons of flour.
1½ cups hot water.
½ teaspoon salt.
⅛ teaspoon pepper.

Melt half the butter; add flour with seasonings and pour on gradually hot water. Boil 5 minutes and add remaining butter in small pieces. To be served with boiled or baked fish.

163. CAPER SAUCE.

To drawn butter sauce add ½ cup of capers, drained from their liquid. Serve with boiled mutton or with fish.

164. BROWN SAUCE.

2 tablespoons of butter.
½ a slice of onion.
3 tablespoons of flour.
1 cup of brown stock.
¼ teaspoon salt.
⅛ teaspoon pepper.

Cook onion in butter until slightly browned; remove onion and stir butter constantly until well browned. Add flour, mix with seasonings and brown the butter in flour. Then add stock gradually. Thin brown gravy will do, but brown soup stock is better.—(Fannie M. Farmer.)

165. TOMATO SAUCE.

½ can of tomatoes.
Sprig of thyme.
1 stalk celery.
1 sliced onion.
Bit of bay leaf.
½ teaspoon salt.
A dash of paprika.
¼ teaspoon of soda.

Cook tomatoes 20 minutes with seasonings; rub through a strainer; add soda, then the white sauce.—(Fannie M. Farmer.)

XV
Vegetables

Always have vegetables as fresh as possible, never wilted. Any decayed portions should be carefully excluded. Green vegetables should be crisp and any holes or ragged edges which suggest that a leaf has been worm eaten should be carefully cut away. Some insects leave a poison upon the eaten edge.

166. TO KEEP GREEN VEGETABLES FRESH.

Lettuce, cress and similar salad greens are best kept fresh by first washing, as soon as received from the market; then wrap carefully cleansed leaves in a fresh towel wrung out in cold water and keep in a cool place. Wilted leaves may be revived by allowing them to stand for a few moments in cold water, then wrapping as above, excluding the air. Lettuce can be kept perfectly fresh several days in this manner.

A small stiff brush kept exclusively for the purpose is essential in properly cleaning most vegetables.

Cook vegetables in boiling water, slightly salted. Salt helps to keep the color of peas, beans, etc.

A small pinch of soda added to the water in which cabbage or onions are cooked diminishes the odor.

Vegetables should not be covered in cooking.

Do not allow vegetables to stand in water after they are done. Drain as soon as tender. If done before time of serving, cover and keep hot until ready to season and serve.

167. ASPARAGUS.

Wash asparagus, cut off a little of the tough end and scrape lightly with a sharp knife. Be careful not to break off the tips. Scraping removes most of the tough fibre and greatly improves asparagus.

In boiling, keep asparagus lying the same way in the kettle. After cleansing, the bunches may be loosely retied. Boil in salted water until tender (15 or 20 minutes). Drain, season with butter, pepper and a bit more salt if needed. A few spoons of cream may be poured over, if desired. Serve in a hot dish.

168. ASPARAGUS ON TOAST.

The favorite way of serving asparagus is to arrange crisp buttered toast upon a hot platter, then lay the asparagus across the slices, having first seasoned it with butter and cream; then pour the cream over all. This moistens the toast, a piece of which should be served with each helping of asparagus.

169. BEANS.

For fine flavor and nutritive quality, nothing surpasses a cranberry pole bean, which, when cooked, is a rich chocolate brown.

In midsummer these are obtainable in the shell and may be boiled until tender and seasoned with butter, pepper and salt; also cream, if convenient. A cranberry bean is preferable for succotash. This variety may be dried and kept all winter. When the dried beans are used, they should be soaked over night; cook slowly until soft, allowing nearly all the water to evaporate. This leaves the rich flavor in the condensed liquid.

Kidney beans, so called from their elongated shape, are similar to the cranberry bean in flavor, and may be used in the same way.

Lima beans are perhaps the most used in western markets and may be had all the year. They are cooked and served as cranberry beans, but are greenish white and quite different in flavor.

Pea beans are the small white variety known in every market and most used for baking.

String beans are of two varieties: the green (usually the cranberry bean gathered while the pod is tender) and the yellow (butter) beans.

170. BOSTON BAKED BEANS.

Pick over carefully one quart beans and let them soak over night; in the morning wash and drain in another water, put on to boil in cold water with half a teaspoon of soda; boil about 30 minutes (when done the skin of a bean will crack if taken out and blown upon) then drain. Into an earthen bean pot, first put a fourth inch slice of pork, then add the beans, filling pot about seven-eighths full; pour over two or three tablespoons of molasses. Into the center put one small onion and above this half a pound of salt pork, well washed, having the rind scored with knife into slices or squares. Arrange with the rind uppermost, and the pork sunk in so the rind just comes to the top of the beans. Season with pepper and salt, a dash of cayenne improves them; cover with hot water and bake six hours or longer in a moderate oven, adding hot water as needed; they cannot be baked too long.

Keep covered so they will not burn on top, but remove the cover an hour or two before serving, to brown the top and crisp the pork.

171. BEANS WITH MUTTON.

A leg or shoulder of mutton may be garnished with beans, prepared in the following manner: Soak 1 pound of white kidney beans in cold water over night. Drain and cook in salted water until tender (about 3 hours). When ready to serve, chop one onion, brown it in a tablespoon of butter, add the beans, drained, stir well and add two tablespoons of butter; sprinkle over a tablespoon of chopped parsley and serve in a dish separate from the mutton.

172. LIMA BEANS.

If dry, they should be soaked over night in cold water. Cook in boiling salted water until tender and season with a bit of butter, pepper and salt. Cream or milk improves them.

173. SHELL BEANS.

Cranberry, kidney or lima beans, freshly gathered, are known as "shell beans." Shell them and cook in boiling salted water. Always let the water cook down without scorching, leaving very little liquid. Season with butter, pepper and salt, and add cream or milk.

174. STRING BEANS.

Wash the beans and break off just a bit at each end, being careful to take the string from one side with each tip. Cut into half inch lengths and cook

and season as for shell beans. String beans need to be cooked two or three hours. They should be cooked slowly and their water allowed to boil down two or three times. This will make them very rich and sweet.

BEETS.

Beets should be carefully washed, but never scraped or peeled. Do not even break off any of the little tap root, as this lets out the juice. Merely cut off tops an inch above the beet. Cook in boiling salted water until tender. Beets require from one to four hours, according to size and age.

When cooked, drain, cover with cold water and skin may be easily slipped off.

175. BUTTERED BEETS.

Beets boiled as above may be sliced, slipped back into the pot or sauce pan and seasoned with pepper, salt and plenty of butter. Heat through thoroughly and serve.

176. PICKLED BEETS.

Beets boiled as above directed may be sliced and covered with cold vinegar to be served as a pickle.

177. CREAMED BEETS.

Boiled beets may be cut into slices and served with white sauce.

178. BOILED CABBAGE.

In selecting cabbage, take one which is firm and heavy. Remove outer leaves until perfect and tender; remove the tough stalk, and cut into halves or fourths; cover with boiling salted water, add a small pinch of soda, cover and cook until tender. Season with salt, pepper and butter and, if desired, add a little milk or cream.

179. TIP TOP PUDDING.

Boil a firm white cabbage 15 minutes, then change the water for more, from the boiling tea kettle; when tender, drain and set aside until perfectly cold; chop fine, add two beaten eggs, a tablespoon of butter, three of rich milk or cream, pepper and salt. Stir all well together and bake in a buttered pudding dish until brown; serve hot. This dish is digestible and palatable, much resembling cauliflower.

180. STUFFED CABBAGE.

Cut out the stalk end of a head of cabbage, leaving a hollow shell. Chop two pounds of uncooked beef with a slice of bacon and onion. Add one cup of bread crumbs, soaked and squeezed dry, one beaten egg, salt, pepper and a bit of mace. Shape into balls, arrange in the cabbage, add sprigs of sweet pepper and steam until the cabbage is tender. Serve with tomato sauce. Cooked meat may be used by adding more eggs to hold the meat together.—(Mrs. Janet McKenzie Hill.)

181. CARROTS.

Carrots should be thoroughly washed and lightly scraped, but never peeled, as the best of the carrot is near the outside. Carrots are chiefly used as a garnish. Cut into very fine strips or "straws" and boiled until tender, they make a handsome garnish for lamb and other meats, or may be served in consommé.

182. CREAMED CARROTS.

Cleanse carrots, cut into half inch dice, cook in boiling salted water until tender, allowing the water to boil away. Season with pepper, salt and a little butter; cover with a thin white sauce and serve.

183. CARROT CHARLOTTE.

Wash and scrape young carrots and boil them three hours with a slice of onion; season with butter, pepper and salt; mash very fine and beat; pile lightly into an oval dish and (preferably with pastry bag) roll a border of whipped cream around the base.

CAULIFLOWER.

Always select a cauliflower that is clear and white without dark spots. Remove outer leaves, cut off the tough stalk and soak, head down, in cold salted water for about 20 minutes. Should there be any insect inside, it will crawl to the top and may be removed. Cook in boiling salted water, head up, until tender.

184. BOILED CAULIFLOWER.

Cook as above. Separate the branches lightly with a fork, season with pepper, salt and butter, and if desired, cream or milk.

185. CREAMED CAULIFLOWER.

Cook as for boiled cauliflower and serve with a white sauce.

186. HOLLANDAISE CAULIFLOWER.

Cauliflower is also delicious when served with a Hollandaise sauce. (See Sauces.)

187. PICKLED CAULIFLOWER.

Boiled cauliflower may be covered with vinegar, seasoned with pepper and served as a pickle.

CELERY.

Celery to be served as a relish should be white and clear. Separate the stalks, cutting off the stub, wash, scrape and chill in very cold water. The larger stalks should be laid aside for cooking or seasoning. These outer stalks, or the tops, are a favorite seasoning for soups.

188. CREAMED CELERY.

Celery should be allowed to cook very slowly. Cut carefully washed and scraped stalks into one inch lengths. Cover with water in a sauce pan and allow to gently simmer for about an hour, or until perfectly tender. Drain, season with salt, add milk or cream and thicken slightly with a smooth flour paste.

189. BOILED CORN.

Select tender corn having the kernels of medium size and well filled out. Remove husks and silk, break off the stub and cook in boiling salted water until tender (about 20 minutes). Drain, wrap in a napkin and serve upon a platter.

190. SWEET CORN IN CREAM.

Cut the kernels from freshly boiled sweet corn, scraping the ear well with a knife to remove the sweet particles adhering to the cob. Put into a sauce pan, season with pepper, salt and butter and add a little rich cream. When heated, serve.

191. SUCCOTASH.

Cut freshly boiled sweet corn from the cob as above described, being careful to scrape the cob well. For each two cups of corn, add one cup of cranberry or kidney beans, which have been previously cooked until dark and tender, with a 2 inch cube of salt pork and water to just cover. Season with ⅛ teaspoon pepper, ¼ teaspoon salt, 1 teaspoon butter and ½ cup sweet cream.

This is the ideal succotash of New England. Lima beans are often used, but are not as rich. Remember to cook the beans long and slowly, soaking them over night if dry beans are used. The water should be allowed to cook away two or three times until the beans are finally left with very little liquid.

CUCUMBERS.

Hold cucumber with the stem end toward you. Cut a thick slice from the other end, then pare the cucumber, always paring and slicing *toward* the stem end. This is said to prevent the cucumber from being bitter. Then cut a thick slice from the stem end and cut the cucumber into very thin slices. Allow to stand in cold salt water at least 20 minutes before serving. Have the cucumbers thoroughly chilled.

192. SLICED CUCUMBERS.

Prepare cucumbers as above and just before serving cover with vinegar (half water if strong), sprinkle with pepper and salt and cover with crushed ice.

193. EGG PLANT.

Pare an egg plant and cut into very hin slices. Sprinkle slices with salt nd pile on a plate. Cover with a weight to squeeze out the juice and allow to stand one hour. Dredge with flour and fry slowly in butter until crisp and brown.

Or, egg plant may be cut into ¼ inch slices and soaked over night in cold salted water. Drain, let stand in cold water a half hour, drain again and dry between towels. Sprinkle with salt and pepper, dip in batter or in flour, beaten egg and crumbs and fry in deep fat.—(FANNIE M. FARMER.)

GREENS.

Several varieties of fresh green leaves are cooked and served as greens. These make a wholesome appetizing dish in the spring of the year. Small cow-

slip or meadow marigold leaves, dandelion, spinach and young beet tops are best. Any one of these may be prepared as follows:—

Wash thoroughly in several waters; drain, cover with boiling water, add a little salt or a pinch of soda, either of which will preserve the color. Cook until perfectly tender, allowing the water to boil down until very little remains. Drain, season with butter, pepper and salt. Serve with vinegar if desired.

194. SPINACH FRANÇAISE.

Clean and wash ½ peck of spinach; cook it for 10 minutes in salted boiling water to cover well. Drain and cool; when thoroughly cold, chop it quite fine. Ten minutes before serving, put the chopped spinach into a sauce pan with 4 tablespoons of butter, 1 tablespoon flour, 1 tablespoon sugar, ½ teaspoon of salt. Cook for 15 minutes and while stirring add a cup of milk. This is delicious.

LETTUCE.

(See salads.)

MACARONI.

(See cereals.)

195. BOILED ONIONS.

Put onions into a dish of cold water and hold them under the water while removing the skins. This prevents the unpleasant effect upon the eyes. Soak them an hour in warm salted water, rendering the flavor much more delicate. Cook in boiling salted water, changing the water when onions have been cooked about ten minutes. Cover and cook until tender, having added a pinch of soda to the water. Drain, season with pepper, salt and butter, and add milk or cream if desired.

196. CREAMED ONIONS.

Boil onions as above and serve with a thin white sauce.

197. PARSNIPS.

Parsnips in the spring are best. Wasn't and scrape them and cook in boiling salted water until tender. Parsnips require about an hour to cook; cut in halves lengthwise, they require less time. When tender, drain, season with pepper, salt and butter.

198. FRIED PARSNIPS.

Parsnips are nice boiled, sliced, dipped in a batter and fried brown.

199. PEAS.

Peas are among the most desirable and nutritious of the fresh vegetables. Shell, wash and drain the peas. If they come from your own garden, wash the pods and cook for ten minutes in boiling water. Skim out the pods, and add the peas, which have been soaked half an hour in cold water. Peas should be salted when about half done. Drain, season with pepper, salt and butter, and cream, if desired.

200. PEAS AND NEW POTATOES.

Prepare new potatoes as for boiling. Instead of changing to a second water, put the potatoes into the kettle in which peas are being boiled, add a two inch cube of salt pork and cook until peas and potatoes are tender. Drain, season with pepper, salt and sweet cream.

POTATOES.

Potatoes are usually cooked in boiling salted water. New potatoes are said to be better if cooked in two waters, having two kettles of boiling water upon the stove. Cook in the first kettle until about half done, using the frying basket; then lift the basket from the first to the second kettle, making sure that the water boils, and cook until done.

Old potatoes from which the moisture has partly evaporated, may be cooked in cold water.

201. BOILED POTATOES.

Boil them with the jackets on.

Wash and thoroughly scrub with vegetable brush. Pick out or cut off bad spots and cook as above directed.

Try with a steel fork and when done, drain at once. Never allow potatoes to stand in the water after they are done. Return kettle to stove and dry out all the moisture. Remove jackets and serve at once. Sprinkle with pepper and salt and roll in melted butter if desired.

202. BAKED POTATOES.

Cleanse as for boiling. Cut off a thin slice from each end and prick the skin several times with a steel fork. Baked potatoes should be served as soon as done.

203. SPECIAL BAKED POTATOES.

Cut a cross in the flat side of baked potatoes, turn back the corners and carefully scrape out contents. Set shells into warming oven; mash the potatoes quickly, or put them through a ricer, season with pepper, salt, butter and sweet cream, allowing one tablespoon of cream to each good sized potato; refill the shells, sprinkle with pepper and reheat in the oven. Serve at once.

204. MASHED POTATOES.

Mash boiled potatoes, season with pepper, salt and butter, add a tablespoon of hot sweet cream for each large potato; beat and pile lightly into vegetable dish. Dot with butter, sprinkle with pepper and serve at once.

205. RICE POTATOES.

Pass boiled potatoes through a ricer, season with butter, pepper and salt, and add hot cream as for mashed potatoes. Pass again through the ricer into the vegetable dish, or if desired, around meat.

206. POTATO CAKES.

Left over mashed potatoes may be pressed into a mould and sliced; or they may be shaped into flat balls. Heat through, and brown in butter.

207. MAÎTRE D'HÔTEL POTATOES.

Boil one pint of potato balls in boiling salted water about ten minutes; drain, and add one cup of milk. Cream two tablespoons of butter, add the yolk of one egg beaten well, add also one tablespoon of lemon juice, one tablespoon of chopped parsley, ½ teaspoon of salt and dash of paprika. When the milk is partly absorbed, stir into the potatoes quickly.

(Potato balls are cut with a French vegetable cutter. If this is not available, the potatoes may be cut into half inch dice.)

208. FRENCH FRIED POTATOES.

Pare potatoes and allow to stand for 15 minutes in cold salted water. Cut lengthwise into strips about a quarter of an inch in width and thickness. Return these to the water and as desired for frying, dry them in a towel. Fry a few at a time in deep fat, using frying basket. Do not have the lard too hot. When well browned, lift the basket, and turn potatoes upon brown paper to drain.

RICE.

(See cereals.)

209. SUMMER SQUASH.

Wash a young, tender, thin skinned summer squash, cut into thick slices and cook about 20 minutes in boiling salted water. Drain, toss the squash upon a piece of cheese cloth and wring it out. Mash the squash and season with pepper, salt and butter.

210. WINTER SQUASH.

Winter, or Hubbard squash, has a thick, hard shell in which the squash may be cooked and served.

211. STEAMED SQUASH.

Take part of a Hubbard squash, cut into inch strips, pare, and cut into inch squares. Steam over boiling water until tender. Mash, season with pepper, salt and butter.

212. BOILED SQUASH.

Prepare as for steamed squash and cook in boiling salted water until tender. Drain, then simmer until most of the remaining moisture has dried away. Mash and season with pepper, salt and butter.

213. BAKED SQUASH.

Cut a Hubbard squash into individual portions (about three inches square); arrange in a dripping pan, season each piece with half a teaspoon of West India molasses, and half a teaspoon of butter. Sprinkle with pepper and bake until soft. Season with salt and pepper and serve in the shell upon side plates. If preferred, the soft part

may be scraped from the shells, mashed, seasoned and served in a vegetable dish.

214. SWEET POTATOES.

Sweet potatoes are prepared for boiling and baking in a manner similar to white potatoes (see potatoes).

215. FRENCH FRIED SWEET POTATOES.

Prepare as for white potatoes, and proceed as described in "French fried potatoes."

216. FRIED SWEET POTATOES.

Cut cold, boiled sweet potatoes into ¼ inch slices. Fry in butter until nicely browned. Sprinkle with chopped parsley if desired.

TOMATOES.

(See salads.)

Select tomatoes that are firm and just ripe. Immerse in boiling water; after a moment, the skins may be easily peeled off. Chill the peeled tomatoes on ice, or in a cold cellar before slicing them.

217. SLICED TOMATOES.

Prepare chilled tomatoes as above. Cut in ¼ inch slices to be served with French dressing or with a vinegar dressing, either by themselves or in combination with other salad ingredients.

218. STEWED TOMATOES.

Skin tomatoes as above; cut into fourths or thick slices and simmer gently in a sauce pan for 15 minutes. Add a little butter, pepper and salt. Also if desired, a tablespoon of sugar. Some also add a bit of vinegar.

219. SCALLOPED TOMATOES.

Cover the bottom of a buttered baking dish with cracker crumbs (buttered crumbs are best). Cover with sliced tomatoes, seasoned with pepper, salt and bits of butter. Then add another layer of crumbs and if these are not well buttered, dot thickly with small bits of butter; sprinkle with pepper and bake in a hot oven until well browned.

220. BROILED TOMATOES.

Peel and chill tomatoes; cut into halves or thirds; roll tomato slices in cracker crumbs and fry in butter five minutes. Carefully lift tomato slices and lay upon slices of crisp buttered toast, arranged on a hot platter. Set into the warming oven. Add 2 tablespoons flour to butter and juice in frying pan; stir until browned and thickened; and thin to the consistency of thin white sauce with milk added gradually. Season with pepper and pour this sauce over the hot tomato slices and toast. This is a delicious breakfast dish.

Shredded wheat may be used in place of the toast.

221. BAKED TOMATOES.

Wipe and remove a thin slice from the stem end of six smooth medium sized tomatoes. Take out seeds and pulp and drain off most of the liquid. Add an equal quantity of cracker crumbs, season with salt, pepper and a few drops of onion juice and refill tomatoes with this mixture. Place in a buttered pan, sprinkled with buttered crumbs; bake 20 minutes in a hot oven. —(Fannie M. Farmer.)

222. STUFFED TOMATOES Á LA CAROLINA.

Select round tomatoes of uniform size. Remove a piece about one inch in diameter from the smooth end of the tomato, and remove the seeds. Cook a cup of rice in a quart of well seasoned broth with ½ a green pepper cut fine. When the rice is nearly tender, add ½ cup of butter, and mix thoroughly, being careful to avoid breaking the grains of rice. Fill the tomato shell with the rice; put back the covers, set in a baking pan, stem end down, brush over the outside with olive oil or melted butter and bake half an hour in a moderate oven. Remove carefully to a serving dish and pour around the tomatoes, a cup of highly seasoned tomato sauce.—(Mrs. Janet McKenzie Hill.)

Rice which has been previously boiled may be used for the above, by reheat-

ing it in half the amount of stock. When well heated, add the butter and proceed as above.

223. TOMATOES STUFFED WITH CABBAGE.

Cut a thin slice from the smooth side of smooth, ripe tomatoes of uniform size (this recipe allows for 12 tomatoes). With a teaspoon remove pulp without breaking the shell. Take a small solid head of cabbage and one onion chopped fine; add bread crumbs, rubbed fine, and pulp of tomatoes; season with pepper, salt and sugar. Add a teacup of sweet cream, mix well and fill tomatoes; replace the slice and lay the tomatoes, stem end down, in a buttered baking dish. Brush over with melted butter and bake half an hour or until thoroughly cooked through. Arrange on a hot platter, garnish with a small sprig of parsley on the top of each tomato, also a lump of butter.

224. TOMATO TOAST.

Press a quart of tomatoes through a colander, heat in a sauce pan, season with butter, pepper, salt and sugar to taste; cut slices of bread thin, brown on both sides, butter and lay on a hot platter. When just ready to serve, add two cups of sweet cream to the stewed tomatoes, heat a moment and pour over the toast. Delicious for Sunday evening tea.

225. TURNIPS.

Turnips are best in the fall and winter. Either white or yellow turnips are prepared as follows:—

Wash, cut into half inch slices, pare and cook in boiling salted water until tender.

Drain, mash, and allow to simmer until moisture is partly evaporated. Season with pepper, salt and butter.

226. CREAMED TURNIPS.

Wash, slice and part turnips and cut into ½ inch cubes. Cook in boiling salted water until tender. Drain, heat a moment to dry out part of the moisture. Add butter, pepper, salt and sweet cream.

Or, season with pepper, salt and cover with thin white sauce.

XVI

Salads

The salad is the ideal summer food.

Possibilities for variety are almost endless, and the ingenuity of the housewife may daily be used to produce some dainty, nutritious and thoroughly wholesome combination which will tempt the appetite as nothing else can do.

Salad materials should always be crisp and cool if uncooked. When cooked, they should be firm to permit cutting into desired shapes without a mushy appearance. Materials for uncooked salads, such as tomatoes, cucumbers, lettuce, etc., should be washed and prepared several hours before needed and put very near the ice to become thoroughly cool. Cucumbers should be pared as directed (see vegetables) then either sliced or cut into ¼ inch cubes and allowed to stand at least a half hour in salted ice water.

Tomatoes should be skinned and when to be filled with other materials should have a part of the pulp scooped out; then set them near the ice to become thoroughly cool and hardened.

Lettuce should be washed, drained, and wrapped in a napkin wrung out in cold water, then laid near the ice.

Celery may be treated in this same manner.

227. FRENCH DRESSING.

3 tablespoons olive oil.
3 tablespoons lemon juice or vinegar.
¼ teaspoon of salt.
⅛ teaspoon of black pepper.
Paprika.

Put salt and pepper into a small china bowl; add the oil and beat vigorously until well mixed. Add the acid (either lemon juice or vinegar) very gradually, beating constantly.

Many who do not care for the flavor of olive oil can enjoy French dressing when more lemon juice or vinegar is used. This does not make as good an emulsion but is very palatable. If pre-

ferred in this way, use from four to six tablespoons of vinegar or lemon juice to three of the oil.

The above amounts are given for proportions only; as much as desired may be mixed, keeping the quantities relatively as above.

228. MAYONNAISE DRESSING.

2 yolks of egg.
1 cup olive oil.
1 tablespoon vinegar.
Salt and pepper.

Have all the ingredients thoroughly chilled. Place the two yolks in an ice cold bowl, beat well, add a little salt and pepper, then drop by drop and still stirring, add ¼ cup of the oil. This must be added *drop by drop* with constant stirring. When quite thick, add little by little and still stirring, the vinegar which should be of best quality. Continuing to stir, add drop by drop the remaining ¾ cup of oil. The mixing should be done in a cold place. This will require some practice but is the ideal Mayonnaise. Salad dressing should be mixed with a bone, wood or silver fork—never steel.—(FRENCH CHEF.)

229. MAYONNAISE DRESSING.

Add to two well beaten eggs, one teaspoon of celery salt, ½ teaspoon common salt, and ⅓ cup of lemon juice. Beat well together and cook in a double boiler over the fire, stirring constantly until it thickens, then remove from the fire and beat until cold.—(MRS. E. E. KELLOGG, A. M.)

230. BOILED DRESSING.

½ tablespoon salt.
1 teaspoon mustard.
1½ tablespoons sugar.
Few grains cayenne.
½ tablespoon flour.
Yolks of 2 eggs.
1½ tablespoons melted butter.
¾ of a cup of milk.
¼ cup of vinegar.

Mix dry ingredients, add yolks of eggs slightly beaten, butter, milk and vinegar, very slowly. Cook over boiling water until mixture thickens; strain and cool.—(FANNIE M. FARMER.)

231. CREAM DRESSING.

Cook in the inner cup of double boiler ⅓ cup of cream, 2 tablespoons sugar and the yolks of 2 eggs; when thickened like a custard, add 2 tablespoons lemon juice after it is removed from the fire, together with a pinch of salt.—(MRS. E. E. KELLOGG.)

Vinegar may be used instead of lemon juice if desired.

232. CREAM DRESSING.

½ tablespoon salt.
½ tablespoon mustard.
¾ tablespoon sugar.
1 egg, slightly beaten.
2½ tablespoons melted butter.
¾ cup cream.
¼ cup vinegar.

Mix ingredients in order given, adding vinegar very slowly. Cook over boiling water, stirring constantly until mixture thickens; strain and cool.—(FANNIE M. FARMER.)

233. CREAM DRESSING.

1 teaspoon mustard.
1 small spoon sugar.
1 salt spoon salt.
2 tablespoons butter.
6 tablespoons good vinegar.
Yolk of 1 egg.
¼ cup cream.
White of 1 egg.

Cook first six ingredients in a bowl set into top of tea kettle, stirring constantly until well heated through. Just before using, thin with ¼ cup cream and stir in the stiffly beaten white of the egg.

234. CREAM DRESSING.

3 tablespoons of lemon juice.
½ cup of whipped cream.
Dash of salt.

Pour lemon juice slowly upon the cream, beating constantly. Salt as desired.

235. CREAM DRESSING.

3 tablespoons lemon juice or vinegar.
2 tablespoons sugar.
½ a cup of whipped cream.

Add sugar to lemon juice then beating constantly, add slowly the whipped cream. Beat until thoroughly mixed.

236. ASPARAGUS SALAD.

Asparagus, cooked until just tender, drained and cooled, may be served with Mayonnaise or French dressing

as a salad. Or, it may be combined with numerous vegetables and served with or without lettuce leaves, the dressing to be French or Mayonnaise as desired.

237. ASPARAGUS AND PEA SALAD.

Asparagus is particularly nice combined with peas. Marinate cold, cooked asparagus and peas by pouring French dressing over them (separately). Drain, arrange asparagus upon lettuce leaves, and pile peas lightly in the center. Pour Mayonnaise around the peas and over the asparagus.

238. BEET SALAD.

Cut cold boiled beets into ¼ inch cubes and serve cream dressing 234.

239. BEET AND POTATO SALAD.

4 cups potato dice.
½ a cup finely chopped beet.
½ a cup minced egg yolks.
Finely chopped whites of eggs.
Minced parsley.

Cut cold, boiled potatoes into ¼ inch dice, sufficient to make 4 cups or a little more. Marinate potato dice by tossing lightly in French dressing. Drain and arrange in a mound in center of rosette of lettuce leaves. With a knife mark into fourths and press the divisions apart into wedge shape. Fill two opposite wedges with finely chopped beet, which has been marinated in the French dressing. Fill the other two opposite wedges with yolks of hard boiled eggs which have been rubbed through a wire strainer. Mark divisions of the wedges with a fine line of minced parsley. Cut the whites of the hard boiled eggs into narrow strips, lengthwise, and pile lightly around the base of the mound upon the lettuce leaves. Serve Mayonnaise separately.—(M. S. S.)

240. CELERY SALAD.

The larger stalks of celery may be scraped, chilled, and served with cream sauce 231.

241. CABBAGE SALAD.

Pile two cups of finely chopped cabbage lightly in a vegetable dish or salad bowl and pour around it, cream sauce 235. Toss together when served.

242. CAULIFLOWER AND BEET SALAD.

Dress cooked cauliflower, which has been divided into flowerets, with oil, salt, pepper and vinegar, or lemon juice.

Dress the shredded outside leaves of a head af lettuce and a beet cut in figures and the chopped trimmings, each separately with the same ingredients. Dispose the lettuce in the center of the serving dish and the carefully drained cauliflower above. Sprinkle with the figures cut from the beet and dispose the chopped beet in points around the central mass. Serve Mayonnaise in a dish apart.—(Mrs. Janet McKenzie Hill.)

243. CHICKEN SALAD.

Cut cold boiled fowl or remnants of cold chicken in ½ inch cubes and marinate with French dressing. Add an equal quantity of celery, washed, scraped and cut in small pieces, chilled in cold or ice water, drained and dried in a towel. Just before serving, moisten with cream, oil or Mayonnaise dressing. Arrange in a mould in the salad dish and garnish with yolks of hard boiled eggs, forced through a potato ricer (or a wire sieve will do), capers, and celery tips.

244. CRESS SALAD.

Wash and pick over fresh water cress; drain, wrap in a wet napkin, and place near the ice until ready to serve. Then marinate with French dressing.

245. CRESS SALAD.

Use crisp water cress as the foundation, arranging a mound in salad bowl. Arrange a rosette of chilled tomato slices, then a rosette of crisp cucumber slices, add a tuft of the cress at the top and sprinkle a few very thin radish slices over all. Serve with French dressing and toss together at the table.

246. CRESS AND EGG SALAD.

Dress a bunch of cress with oil, vinegar, salt and pepper. Cut the whites of two hard boiled eggs into eighths, lengthwise and arrange them on the cress to assimilate the petals of a flower. Press a star of Mayonnaise dressing in the center of the petals,

pass an egg yolk through a sieve and arrange around the Mayonnaise. Send to the table in this form; toss together, when serving.—(Mrs. Janet McKenzie Hill.)

247. CUCUMBER SALAD.

Pare cucumbers, cut into ¼ inch dice, and allow to stand 30 minutes in salted ice water. Marinate crisp lettuce leaves in French dressing, arrange them in a rosette; drain the cucumber dice and marinate in French dressing. Arrange them in a mound in center of lettuce rosette; garnish with radishes sliced very thin.

248. FRUIT SALAD.

Peel and slice four bananas; peel four oranges, divide into sections and remove seeds; arrange upon lettuce leaves, alternating layers of orange and banana. Pour over this a dressing of Mayonnaise, or sprinkle with sugar and lemon juice.

249. FRUIT SALAD.

Peel oranges, divide into sections, cut in halves and remove seeds. Arrange upon lettuce leaves and pile broken English walnut meats upon the orange. Pour Mayonnaise dressing over the orange and toss together when serving.

250. NUT AND CELERY SALAD.

1 cup celery.
1 cup nut meats.
1 cup shredded lettuce.
Lettuce leaves.
Mayonnaise.

Cut crisp celery into ½ inch pieces; shred lettuce leaves by putting several together, folding and cutting through quickly with a silver knife; break pecan nut meats (or English walnuts) into eighths. Marinate celery, shredded lettuce and nut meats by tossing together with Mayonnaise dressing. Arrange a rosette of lettuce leaves and make an attractive mound of the nut mixture.

251. PEA SALAD.

1 cup cold cooked peas (canned peas will do).
1 cup celery cut fine.
1 cup English walnut meats broken small.

Mix and marinate thoroughly with Mayonnaise dressing. Serve on a rosette of lettuce leaves.—(M. S. S.)

252. POTATO SALAD.

4 cups cold boiled potatoes cut into ½ inch dice.
½ a small onion grated.
1 tablespoon finely chopped parsley.
Salt and pepper.
Paprika.
6 tablespoons salad oil.
3 tablespoons vinegar.

Mix potato dice, grated onion and chopped parsley; add ¼ teaspoon salt, ⅛ teaspoon black pepper and a dash of paprika. Toss carefully, adding 6 tablespoons of oil; when well mixed, add the vinegar, still tossing lightly until evenly distributed. Chill thoroughly before serving.

253. SALMON SALAD.

Pick cold boiled salmon into bits having these as shapely as possible; small dice are best. Marinate thoroughly in Mayonnaise dressing and shape into a mound upon lettuce leaves. Garnish with hard boiled eggs and capers.

254. STRING BEAN SALAD.

Use cold string beans, cooked as directed (see vegetables) without seasonings. Beans should be cut into 1 inch lengths. Marinate thoroughly with French dressing. Also have ready, chilled cucumbers, cut into dice, allowing a cup or less of cucumber, to 3 cups of beans. Marinate cucumbers in the French dressing. Arrange with beans in a mound upon lettuce leaves and cucumbers forming the border at the base with a few cucumber cubes on top.

255. TOMATO SALAD.

Skin tomatoes just ripe, but not soft; chill thoroughly and serve as individual salads, each upon a nest of heart lettuce leaves, with a tablespoon of Mayonnaise or boiled dressing dropped upon the top and over one side of each tomato.

256. TOMATO AND CAULIFLOWER SALAD.

Skin medium sized tomatoes, scoop out part of the pulp at stem end and thoroughly chill; when ready to serve, marinate small cubes of cold cauliflower in Mayonnaise dressing. Pile lightly into the center of tomatoes, serve as individual salads, each upon a lettuce leaf, and having a tablespoon of Mayonnaise upon the top of each.

257. TOMATO AND CUCUMBER SALAD.

Proceed as for Tomato and Cauliflower salad, substituting ¼ inch cubes of cucumber which has been chilled in salted ice water for 30 minutes.

258. STUFFED TOMATO SALAD.

Proceed as for Tomato and Cauliflower salad, substituting equal parts of pecan nuts broken into eighths and crisp celery cut into thin slices.

XVII

Nuts

Nuts have grown in popularity as their food value has become better understood. They are nutritious and wholesome and should be frequently used upon the home table.

Almonds, chestnuts, pecans, hickory nuts, and walnuts are all desirable, but none is better for actual nourishment than the every day peanut, which most people like. Peanuts may be used in omelet, salads, gelatines, and peanut butter, is particularly good as a seasoning for numerous vegetables such as peas, string beans, stewed tomatoes, etc. Pecans and walnuts are especially good broken or coarsely ground and used in puddings, gelatines and salads.

259. TO BLANCH ALMONDS.

Remove the shells and pour boiling water upon them. Allow to stand two or three minutes; pour off hot water, replace with cold, when the skin should be loose enough to slip off easily.

260. ROASTED ALMONDS.

Spread blanched almonds on a tin and place in the oven until a light, golden brown.

261. SALTED ALMONDS.

Blanch ½ a cup of almonds and dry in a napkin; fry a few at a time in frying pan, containing cocoanut oil or half butter and half clear beef drippings. When lightly browned, remove almonds, using a skimmer taking as little fat as possible; drain upon brown paper and sprinkle with salt; proceed in this manner until all are fried.

CHESTNUTS.

262. TO SHELL.

Chestnuts may be shelled and blanched by putting a teaspoon of butter into the frying pan and when melted, pour in a cup or two of chestnuts, which have had a cross cut in the flat side of each. Shake the pan to butter the chestnuts and set into the oven for five minutes. When taken out the shells and thin brown skin should peel off easily. Use a small vegetable knife.

263. BOILED CHESTNUTS.

When chestnuts are to be boiled, remove the shells and cook in boiling water for ten minutes; then skim them out and cover with cold water, when the thin skin should easily rub off. They may then be returned to the boiling water to be cooked until tender when pierced with a fork.

Boiled chestnuts may be served either whole or mashed, as a vegetable. They may be seasoned with butter, pepper and salt, also with cream if desired.

264. CHESTNUT PURÉE.

Remove shells from chestnuts; cook in salted water as directed for boiling; when done, drain, mash and moisten with scalded milk. Season with salt and pepper and beat until light.

This puree is used as a foundation for Chestnut Soufflé (see puddings) or it may be served as a vegetable.—(Fannie M. Farmer.)

265. RAREBIT OF CHESTNUT.

A royal dish for crisp October days.

If you live within reach of the popping chestnut burr, invite a "goodlie companie" to help gather, then prepare this fitting reward, served from the jolly chafing dish.

Shell and blanch chestnuts to make three cups when shelled, as follows; cut a half inch cross on the flat side of each, put chestnuts into frying pan and for each cup add a level teaspoon of butter. Shake well on top of stove and set into the oven for five minutes. Remove from oven, take off shells with small knife, starting the inner skin, which will now peel off readily.

Cook chestnuts till soft in boiling salted water. Drain, measure out a heaping cupful for garnishing and mash the rest (2 cups). Season mashed chestnut with salt and pepper and beat up light with a steel fork.

The cup of whole chestnuts should be "deviled" as follows:

Slip them into a frying pan with a tablespoon of butter and a half teaspoon of beef extract; shake until well covered with the bubbling, browning butter and extract.

Sprinkle with a dash of paprika and keep in a warm place until ready to use them. The rarebit may now be prepared in chafing dish.

For *each* cup of mashed chestnuts have ready 1 tablespoon butter, 2 tablespoons sugar, 1 cup thin cream, 1 even spoon beef extract and paprika.

Turn mashed chestnut into chafing dish, add the butter and beef extract and stir; add the cream and when just bubbling, a good dash of paprika.

Pour at once over toasted crackers and garnish each serving with the whole deviled chestnuts (which have been kept warm in a little heated covered dish).

266. SALTED PEANUTS.

Remove shells from unroasted peanuts; slip off inner skins or blanch peanuts as directed for almonds; then proceed as for salted almonds.

267. PEANUT BUTTER.

Shell and remove inner skins from roasted peanuts; grind in the meat chopper and rub to a paste with wooden pestle in a bowl. Add a little butter gradually, enough to make peanut meal cling together. Season with salt, add a bit of paprika and put into jelly jar for use as desired. This may be used for sandwiches, omelets; as a seasoning for vegetables and in a score of ways which the ingenuity of the housewife will invent. Peanuts give a fine flavor wherever used.

268. NUT AND TOMATO SALAD.

Skin and chill tomatoes from which part of the pulp has been scooped; fill with peanut butter and serve upon lettuce leaves with Mayonnaise.

269. APPLE AND NUT SALAD.

Break pecan meats into eighths; pare tart apples and cut into ¼ inch dice, allowing a good tablespoon of nuts to each apple. Mix nuts and apples well with Mayonnaise dressing; pile upon heart lettuce leaves and serve.

270. PECAN BUTTER.

Grind pecan meats through fine meat cutter; rub to a paste with back of spoon, moistening with cream; season slightly with salt and add a tablespoon of maple syrup or maple sugar finely scraped, to a cup of nut meats.

This is delicious spread upon thin slices of bread and made into sandwiches. A lettuce leaf may also be laid in each sandwich.

XVIII

Pastry

Materials for pastry should be fresh and sweet, and preferably very cold. Butter, lard, milk, water, or cream, and even the flour, should have been in the ice chest or in a cool place until well chilled. To prevent the juice of pies from soaking into the under crust, beat an egg well and with a bit of cloth dipped into the egg, brush over the under crust before putting in the filling. This is especially important for fruit pies. Pies should have at first a moderate oven, particularly those filled with uncooked fruits, with

quicker heat to complete baking and browning.

Pie plates need not be greased; good shortening serves the purpose. Always have filling ready before beginning crust, that the latter may be filled and baked as quickly as possible.

271. PIE CRUST WITH LARD.

1 cup sifted flour.
¼ cup lard.
¼ cup butter.
½ teaspoon salt.
½ teaspoon baking powder.
2 tablespoons milk.

Sift the flour, salt and baking powder together; rub the lard and butter into the flour, until dry and crumbly. This should be evenly and carefully done, using the finger tips. Moisten with 2 tablespoons of milk or just barely enough to make the ingredients cling together enough to roll. The secret of getting fluffy pie crust is to use little moistening. It may seem to be hardly moist enough to cling; but press it well together (never knead), divide the dough, taking only enough for under crust, flour the rolling pin slightly and roll into a round shape as thin as possible. Fit the crust upon the plate, lifting it carefully and patting with the other hand to see that no air bubbles are left under it. Hold the plate upon the left hand, and with a knife, cut the crust off with the plate edge as a guide. This quantity makes a two-crust pie.

For a one-crust pie, only a tablespoon of butter and a tablespoon of lard should be enough. Pinch up the crust and crimp the edge to prevent filling from running over. In filling a one-crust pie, do not allow the liquid to come quite to the top of the plate.

For a two-crust pie, roll remaining dough to ¼ inch thickness, spread thinly with butter which has been washed in very cold water and the water carefully squeezed out. Fold the crust twice, then twice the other way, into a small square pat; roll again and spread with butter and fold as before; repeat this several times for a nice puff paste.

Then quickly fill the pie, fold upper crust through the center and cut three small diagonal slits on the edge of the fold for escaping steam; moisten edge of lower crust with water; lay crust across half of the pie, open out the crust over other half and trim off, not too close; turn edge of upper crust under edge of lower crust, press down evenly with the thumb, then using a four-tined fork and allowing fork to rest on edge of crust about half an inch (tines pointing toward the center) press down, quickly and firmly. Repeat all around the pie. This pinches crusts together and ornaments the pie. Dot top of crust with bits of butter, dredge lightly with flour, pour cold water quickly on and off, and bake immediately.

272. LARD PIE CRUST WITH WATER.

1 cup flour.
¼ cup butter.
¼ cup lard.
½ teaspoon salt.
2 tablespoons water.

Proceed as for pie crust No. 271.

273. PIE CRUST WITHOUT LARD.

1½ cups flour.
¼ cup butter.
½ teaspoon salt.
½ teaspoon baking powder.
4 tablespoons of rich cream (a trifle more if needed).

Proceed as for pie crust No. 271, using the cream for moistening. If dough will not cling together with 4 tablespoons of cream, add a *trifle* more. This is wholesome and very nice.

274. PUFF PASTE.

The directions for upper crust (see No. 271) embody the principles of puff paste. For a very light puff paste, the butter should be washed in a bowl which has been first rinsed in hot water, then chilled in cold. Treat the hands in the same manner and butter will not adhere. Wash the butter by letting cold water run over it; squeeze out the water with the hands and work butter until soft, still allowing the cold water to run over it.

Miss Farmer's directions for very light paste, suitable for patties, etc., continue as follows:

1 pound butter.
1 pound pastry flour.
Cold water.

Wash the butter, pat and fold until no water flies. Reserve 2 tablespoons of butter; shape remainder into a cir-

cular piece one-half inch thick and put on floured board. Work 2 tablespoons of butter into flour with finger tips of right hand. Moisten to a dough with cold water; turn on slightly floured board and knead one minute. Cover with towel and let stand five minutes.

Pat and roll ¼ inch thick, keeping paste a little wider than long and corners square. Draw into shape with fingers. Place butter on center of lower half of paste; cover butter by folding further half of paste over it; press edges firmly together to enclose as much air as possible.

Fold right side of paste over enclosed butter, the left side under it. Turn paste half way round, cover and let stand 5 minutes; pat and roll ¼ inch thick, having paste longer than wide, lifting often to prevent paste from sticking and dredging board slightly with flour when necessary. Fold from ends toward center, making three layers. Cover and let stand 5 minutes. Repeat twice, turning paste half way round each time before rolling. After fourth rolling, fold from ends to center and double, making four layers. Put in cold place to chill.

Baking a puff paste requires care and judgment. When thoroughly chilled, roll and cut as desired, and bake in a hot oven with greatest heat at the bottom. While rising, it is often necessary to decrease the heat by lifting covers or opening the check draft. Turn paste frequently that it may rise evenly. When risen, slip a pan under the sheet on which paste is baking to prevent burning. Puff paste should be baked on a tin sheet. Cover with a double thickness of brown paper or turn a dripping pan upside down, cover the bottom with a layer of brown paper, and bake upon that.

275. GRAHAM PIE CRUST.

1½ cups graham flour.
½ teaspoon salt.
Sweet cream to moisten until dough will just barely cling together.

Have cream and flour *very* cold. Mix quickly, roll and use as other pie crust; handle lightly, fill and put into the oven as quickly as possible.

Half graham and half white flour is liked better by some.

276. APPLE PIE.

Pare, core and slice apples to fill the number of pies desired. After lining pie plates with crust, lay in slices of apples, arranging rows around the plate; when bottom is covered with one layer, fill center even full with additional layers, allowing ⅓ cup of sugar to each pie. Mix ⅛ teaspoon of salt with the sugar, sprinkle over top of apples with 1 teaspoon of lemon juice. Grate nutmeg over all. Distribute a teaspoon of butter in small bits and cover with upper crust as directed in pie crust No. 271.

277. DRIED APPLE PIE.

Home dried apples are best.

Stew them very soft and mash through a colander. While stewing, add 2 or 3 small bits of lemon or orange peel, previously dried and saved for cooking purposes; flavor with a little cinnamon and nutmeg; sweeten with brown sugar; a beaten egg may be added if desired. Fill lower crust nearly full and cover as directed in pie crust No. 271.

A one crust dried apple pie is nice with ½ inch strips laid across the top 1½ inches apart, then another row of strips laid across at right angles to form squares.

278. BLUEBERRY PIE.

Brush over lower crust after lining the plate, with beaten egg; fill the crust nearly even full of blueberries which have been carefully washed and picked over; mix 1 heaping tablespoon of cornstarch or flour and ⅛ teaspoon of salt into a half cup of sugar; sprinkle this over the berries, cover and bake about 45 minutes.

279. COCOANUT PIE.

1 pint milk.
1 cocoanut minced in coarse meat cutter or 1 cup of dessicated cocoanut.
1 cup sugar.
3 eggs.

Mix the chopped or dessicated cocoanut with the beaten egg yolks, and the sugar; add the milk; fill the plate even full and bake. Beat whites of eggs stiff, stir in 3 tablespoons of pulverized sugar, pour over the pie and bake to a light brown.

280. CRANBERRY PIE.

1¼ cups chopped cranberries.
¾ cup chopped raisins.
1 cup hot water.
1 cup sugar.
1 tablespoon flour.
1 teaspoon vanilla.

Mix flour and sugar, pour hot water gradually over, stirring smooth. Add the fruit *coarsely* chopped, cook a few minutes, partly cool, flavor and fill crust arranged for a one crust pie in a deep plate.

281. CURRANT PIE.

Prepare filling as follows: stem and wash currants and allow 1 cup for each pie. Beat yolks of 2 eggs with 1 tablespoon of water and stir in one cup sugar which has been mixed with ¼ cup of flour; stir in currants and fill lower crust. Cover with upper crust or bake as a one crust pie, covering when done with whites of 2 eggs beaten stiff and mixed with 2 tablespoons powdered sugar. Return to the oven until meringue is lightly browned.

282. CUSTARD PIE.

3 cups rich milk.
3 eggs.
1 heaping tablespoon flour.
4 large tablespoons light brown sugar (or part maple is better).
A pinch of salt.
1 teaspoon vanilla.

Heat the milk in double boiler; mix sugar and flour, and add to beaten eggs, stirring until perfectly smooth; add salt, pour the hot milk slowly into the mixture while stirring; use only as much milk as needed to fill plate. Just before pouring into crust, add vanilla. Fill crust prepared as directed in No. 271 for a one crust pie, being careful not to fill above the top of the plate. If liquid does not come to top of plate, add a little more of the hot milk, stirring it in without touching crust. Bake in a slow oven; it is done when a knife cut into the custard comes out clean.

For a richer pie, use 5 eggs and omit the flour.

283. FRUIT PIES.

Fruit pies made of berries, should be treated the same as blueberry pie (see No. 278). For peach or apricot pie, pare and stone the fruit, cut into fourths then into eighths and fill lower crust as directed for apple pie; sprinkle over with sugar, in which a heaping tablespoon of cornstarch has been mixed. Cover and bake.

For fruit pies, upper and lower crust may first be baked if desired. Line plate for lower crust as usual; spread upper crust upon a sheet of tin or the bottom of a dripping pan and bake both in a moderate oven. Then fill the lower crust, prick the upper crust and slip it into place on the top of pie. Return to the oven until filling is heated through.

284. CREAM BERRY PIE.

1½ cups berries.
1 cup cream.
1 cup sugar.
1 tablespoon flour.

Mix flour and sugar, stir into berries, add cream and bake as a one crust pie. Blueberries, blackberries, black or red raspberries may be used.

285. LEMON PIE.

1 large lemon.
1 cup sugar.
Yolks of 3 eggs.
White of 1 egg.
Butter size of a walnut.
2 tablespoons flour.
3 tablespoons cold water.
1 cup boiling water.

Grate the rind and squeeze out the juice of the lemon. Moisten flour with cold water, stirring until smooth; add cup of boiling water gradually and cook a few moments in a sauce pan; add butter to flour mixture. Beat the eggs, add lemon juice and grated rind, then add sugar, the flour and butter mixture and the stiffly beaten white. When evenly mixed, bake as a one crust pie in a deep plate, having the edge of crust pinched up around the edge to prevent running over. Do not fill pie above edge of plate.

286. MERINGUE.

Whites of 2 eggs.
4 tablespoons powdered sugar.
¼ teaspoon cream of tartar.

Beat the whites until stiff, add cream of tartar, stir in the sugar and spread upon the top of a freshly baked lemon (or any other) pie. Return pie to the oven until meringue is lightly browned.

287. TRANSPARENT PIE.

1 cup sugar.
2 eggs.
Butter size of a walnut.
1 tablespoon milk.
1 tablespoon lemon juice or lemon extract.

Mix sugar, beaten eggs and butter in milk. Add lemon juice or lemon extract slowly; bake as a two crust pie.

288. PINEAPPLE PIE.

1 cup sugar.
½ cup butter.
1 cup sweet cream.
5 eggs.
1 pineapple, grated.

Beat butter and sugar to a cream; add beaten yolks of eggs, then the pineapple and cream, and finally the whites beaten stiff. Bake as a one crust pie.

289. PUMPKIN PIE.

1¼ cups pumpkin.
1 tablespoon molasses.
¼ cup light brown sugar (or maple if possible).
½ teaspoon salt.
1 egg.
⅞ cup rich milk or thin cream.
¼ teaspoon each of cinnamon, ginger and nutmeg.

Stew a small pumpkin which has been cut into strips, pared and cut into 2-inch squares. Put on to cook in 2 cups of water, just enough to cover bottom of kettle and furnish steam; add more water if necessary. Simmer slowly and do not allow to scorch but keep water when tender set back, uncover, and simmer until water has evaporated; mash and stir with spoon and dry out the water as much as possible; press through a colander; pumpkin is now ready to use.

For each average deep pie, prepare filling in the proportions given above. Use good sized deep earthen plates; pumpkin pies of early days were made 2 or more inches deep in shallow baking pans. Measure pumpkin and stir in molasses; beat the egg, add sugar, salt, milk or cream and spices. Fill the under crust which has been well pinched up at the edges, allowing liquid to come only to *top of plate*. Bake in moderate oven.

290. RAISIN PIE.

1 cup raisins.
2 tablespoons flour.
1 lemon.
1 cup sugar.
Butter size of a walnut.

Cook the raisins in water to cover well; then add other ingredients. Bake with two crusts.

291. RHUBARB PIE.

2 cups rhubarb.
1 egg.
1 cup sugar.
1 tablespoon flour.

Wash rhubarb and cut into ½ inch lengths. Mix sugar and flour, add rhubarb and beaten egg; fill under crust, cover and bake in a moderate oven for 45 minutes.

292. RHUBARB PIE WITH RAISINS.

2 cups rhubarb.
½ cup raisins.
¼ cup nut meats.
1 cup light brown sugar.
2 rounding tablespoons flour or cornstarch.
1 egg.

Wash rhubarb and cut into ½ inch lengths; flour raisins well and chop in meat cutter; chop nuts and mix with raisins and a little more flour. Mix cornstarch or flour with sugar. Beat the egg, add rhubarb, raisins and nuts. Fill under crust, scatter sugar and cornstarch over the top. Cover and bake 45 minutes in a moderate oven.

293. ROLEY POLEY.

Prepare pie crust No. 273, or pie crust No. 271, making double quantity for about six individual Roley Poleys. Divide dough into six parts and roll them into a round shape. Just at one side of the center, arrange a mound of apple slices, covered with brown sugar mixed with a little flour; sprinkle with nutmeg; add a few drops of lemon juice. Fold the other half of crust over the filling, turn the double edges under and pinch firmly together. Lay upon plates or into dripping pan and bake, pricking the tops. These are delicious filled with blueberries or rasp-

berries, berries being mixed with a little sugar and cornstarch (a tablespoon of cornstarch to ¼ cup of sugar). Rhubarb, peaches, apricots or almost any fresh fruits may be used.

Roley Poley may be prepared from canned fruits. Drain the fruit for inside; reserve juice for sauce made as follows: to a cup of juice add 1 heaping tablespoon of cornstarch and a little sugar if not sweet enough. Heat in double boiler or a small sauce pan for 15 minutes, stirring frequently. This makes a slightly thickened sauce the color of the fruit juice.

294. TART SHELLS.

½ cup rather thin cream.
Whites of 2 eggs.
Flour to roll.

Thoroughly chill cream, eggs and flour; add stiffly beaten whites to the cream; whip briskly for 10 minutes, add white flour to roll, making dough quite dry. Cut into desired shapes, bake quickly but do not brown. Fill after baking.—(Mrs. E. E. Kellogg, A. M.)

295. TART FILLINGS.

Tarts may be filled with any jelly or a lemon filling may be made as follows: into one cup of boiling water stir 2 level tablespoons of cornstarch, previously rubbed smooth with the juice of a large lemon. Cook until it thickens; then add ½ cup of sugar, and a little grated yellow rind of the lemon.

296. SCOTCH SHORT BREAD.

1 pound butter.
1 cup sugar.
Flour.
1 teaspoon caraway seed.
Yellow rind of 1 lemon.

Melt the butter, add the sugar, the yellow portion of a lemon rind grated, 1 teaspoon of caraway seed and flour to make it firm enough to roll. Tip out upon a sheet of tin and roll out to a half inch thickness. Bake in a slow oven until thoroughly done. Cut as soon as removed from the oven into strips about one inch wide and 2 inches long. Cool, then carefully pack into an earthen jar or tin box. This may be kept for months and is the genuine Scotch Short Bread.

XIX

Puddings

WITH FRUIT FOUNDATION.

297. BAKED BANANAS WITH BUTTER SAUCE.

Remove skins from 6 bananas and cut in halves, lengthwise. Put into a shallow granite pan. Mix 2 tablespoons of melted butter, ⅓ cup of sugar and 2 tablespoons of lemon juice. Baste bananas with half of the mixture; bake 20 minutes in a slow oven and baste during baking with remaining mixture.—(Fannie M. Farmer.)

298. BAKED BANANAS WITH CURRANT SAUCE.

Remove a section of banana skin and loosen the fruit from the rest of the skin; remove all coarse threads and replace the fruit in its original position in the skin. Bake ½ dozen bananas thus prepared in a hot oven until the skin is blackened and the pulp is softened. Take the pulp from the skin without injury to shape and dispose on a serving dish in half circles. Brush over with half melted currant jelly and sprinkle with finely chopped pecan meats.—(Mrs. Janet McKenzie Hill.)

299. PRUNE WHIP.

Prepare a prune marmalade as follows: clean sweet California prunes, washing thoroughly in warm water and rubbing gently between the hands; rinse several times. Put into sauce pan with water to just cover and allow to simmer several hours, keeping the dish covered. If water boils away, a little more may be added, but at the end the juice should be almost entirely evaporated. When done, rub through a colander to remove skins and stones. Put into a small baking dish and place this in a pan of hot

water; cook in a slow oven until the marmalade retains its shape when cut with a knife. Remove from the oven, cover the top with whites of two eggs beaten stiff, and sweeten with 2 tablespoons of powdered sugar; when half beaten add ¼ teaspoon cream of tartar. Return to the oven until lightly browned and serve hot.

300. BAKED RHUBARB.

Wash rhubarb and remove fibrous skin; cut into 1 inch lengths; arrange in a baking dish, sprinkling a very little light brown sugar and a tablespoon of Canton preserved ginger (cut into ¼ inch dice) over each layer of rhubarb; after the last sprinkling of sugar and rhubarb, pour over ⅛ of a cup of boiling water; cover closely and bake 15 or 20 minutes, or until rhubarb is tender. Serve hot with cream.

A small piece of dried ginger root cut into pieces, may be substituted for the Canton preserved ginger if more convenient; the ginger root is much stronger and only a little is required.

PUDDINGS WITH BREAD OR CRACKER FOUNDATION.

301. BROWN BETTY.

Put a layer of sweetened apple sauce in a buttered baking dish. Add a few bits of butter, then a layer of cracker crumbs sprinkled with a little cinnamon; then a layer of sauce, etc., finishing with crumbs and cinnamon at top. Bake 30 minutes and serve hot with cold cream sweetened with maple or light brown sugar.

302. BREAD PUDDING.

1 quart sweet milk.
1 quart bread crumbs.
4 eggs.
4 tablespoons sugar.
1 cup raisins.

Soak bread in half of the milk until soft; mash fine and add the rest of the milk, the well beaten eggs and sugar, then the raisins. Bake one hour and serve warm with maple or brown sugar hard sauce.

303. BAKED APPLE PUDDING.

Pour boiling water over bread crumbs; when soft, squeeze out all the water and line the bottom and sides of a buttered earthen pudding dish with the crumbs. Fill the interior with sliced apples and cover with a layer of bread crumbs. Bake in a covered dish, set into a pan of hot water, until apples are tender; then remove the cover and brown. Loosen the pudding with a knife, invert on a plate and it will turn out whole. Serve with cream.—(Mrs. E. E. Kellogg, A. M.)

304. PRUNE PUDDING.

Moisten rather thin slices of stale bread in hot milk and place in a pudding dish with alternate layers of stewed prunes from which stones have been removed; sprinkle the top with bread crumbs. Pour over the whole a little more hot milk, mixed with extra prune juice and bake in a moderate oven 45 minutes. Serve with cream.

305. BAKED BLUEBERRY PUDDING.

1 quart new milk.
1 quart fine bread crumbs.
2 quarts fresh blueberries.
1 or 2 tablespoons sugar.

Heat the milk to boiling; fill a pudding dish with alternate layers of bread crumbs and berries, beginning and ending with crumbs. Add the sugar to the milk, let it dissolve and pour the whole over the pudding. Cover closely and bake in a slow oven nearly an hour, setting pudding dish into a pan of hot water. Serve warm with cream.—(Mrs. E. E. Kellogg, A. M.)

306. BREAD AND FRUIT CUSTARD.

2 cups grated bread crumbs.
2 cups finely chopped tart apples.
1 cup English currants or stoned raisins mixed with a very little chopped citron for flavor.
2 tablespoons sugar.
3 cups of milk.
2 eggs.

Beat yolks and sugar together, add the milk, bread, fruit, then the well beaten whites of the eggs. Bake in a buttered pudding dish set into a pan of hot water until the custard is set.—(Mrs. E. E. Kellogg, A. M.)

307. APPLE CHARLOTTE.

Pare and slice 4 or 5 times as many apples as will fill the dish in which charlotte is to be made. Steam these until tender; then add sugar to taste and a generous piece of butter and cook apples over the fire, stirring meanwhile until they are *very* dry. Cut ½ inch slices of bread into strips an inch wide, trim off crust, and dip into melted butter. With these line a plain mould allowing strips to overlap each other. Arrange circles cut from bread slices in the bottom of the mould, turning the apple in and piling it high on the top, then cover with buttered bread. Bake ½ hour in a hot oven. Turn upon a hot dish and serve with sweet cream.—(Mrs. Janet McKenzie Hill.)

PUDDINGS WITH FLOUR FOUNDATION.

308. DRIED APPLE PUDDING.

1 cup dried apples.
1 cup West India molasses (not too dark).
1¼ cups flour.
¼ cup butter.
1 egg.
1 teaspoon soda.
1 teaspoon cinnamon.
½ teaspoon ground clove.

Wash and soak apples over night; cut fine and mix with water in which they were soaked. Add molasses and spice; mix egg, butter and flour together; add with soda to apples and molasses and bake in a buttered dish. Serve hot with vanilla hard sauce.

309. MINUTE PUDDING.

Cook 1 quart of strawberries or red raspberries in a pint of water until well heated. Sweeten to taste; skim out the fruit and into the boiling juice stir a scant cup of wheat flour previously rubbed to a paste with a little cold water. Cook 15 or 20 minutes, pour over the fruit and serve either hot or cold with cream.

310. COTTAGE PUDDING.

¼ cup of butter.
⅔ cup of sugar.
1 egg.
1 cup milk.
2¼ cups flour.
4 teaspoons baking powder.
½ teaspoon salt.

Cream the butter, add sugar gradually and egg well beaten; mix and sift flour, baking powder and salt; add alternately with milk to first mixture; turn into buttered cake pan and bake 35 minutes; serve with vanilla sauce.

311. MOTHER'S PUFF PUDDINGS.

1 pint flour.
2 teaspoons baking powder.
1 teaspoon salt.
Milk to make a soft batter.
1 pint fresh fruit.

Sift flour, baking powder and salt together; add milk very gradually until batter will nearly, but not quite drop when dipped up on the spoon. Have ready a pint of fresh fruit; red raspberries, black raspberries, blueberries or peaches are very nice. Grease 6 cups thoroughly, drop a tablespoon of batter into each, then a heaping spoon of fruit and cover with another spoon of batter. Cook in a steamer for 20 minutes without uncovering. Serve with hot fruit sauce (see No. 350).

312. GRANDMOTHER'S STEAMED FRUIT PUDDING.

2 eggs.
1 cup sugar.
1 cup sour milk.
1 teaspoon soda.
⅛ teaspoon salt.
1 cup fruit.
Flour to make stiff batter (about 2½ cups).

Beat the eggs and stir in the sugar. Dissolve soda in the milk, add to the mixture and stir in fruit and salt; thicken with flour, rather thicker than for cake; put into a 2-quart mould or pail and set into a steamer; steam 1½ hours. This pudding is light and delicious; it should crack open on top. The amount of flour required varies with the flour used; batter should be moderately stiff. Serve with cream, sweetened with a little maple or light brown sugar or use a fruit sauce (see No. 350), reserving juice or crushed fruit for the purpose.

313. ENGLISH PLUM PUDDING.

Beat 6 yolks and 4 whites of eggs very light and add to them a tumbler of sweet milk. Stir in gradually ¼ pound grated or chopped stale bread, 1 pound sifted flour, ¾ pound light brown sugar, 1 pound of beef suet minced in the meat chopper, ½ pound currants well washed and dried in a napkin, 1 pound stoned raisins well floured, ½ pound citron cut very fine, ¼ pound almonds blanched and put through coarsest meat cutter, ¼ pound candied orange peel and ¼ pound preserved Canton ginger both cut fine, and ¼ pound candied cherries; stir *well*, then add 2 grated nutmegs, a tablespoon of mace, ½ tablespoon ground cinnamon, ½ tablespoon ground clove, 1 wineglass of brandy, 1 wineglass of sherry, a teaspoon salt, and finally another tumbler of milk. Fill buttered moulds three-fourths full, cover tightly and steam five hours. This recipe makes two two-quart and two one-quart puddings and can be relied upon for light, delicious, perfect plum puddings. Puddings will keep a year if tipped from the moulds and, when *cool*, wrapped in a perfectly clean pudding cloth or towel and set away in a tin box in which is kept standing a tumbler containing a wineglass of whiskey.

One hour before serving, slip a pudding into the mould in which it was originally cooked and steam for one hour. If pudding seems dry, leave the cover off. To serve plum pudding in true English style, tip the hot pudding upon a heated platter, lay on a spray of holly, and pour 2 teaspoons of brandy and 1 teaspoon of alcohol, mixed, over the pudding. Touch a match to the spirits and send immediately to the table. The pudding should be carried steadily that flame may not be extinguished.

Note:—Brandy and sherry may be omitted from the pudding if objectionable, but plum pudding is never complete without them. The long cooking causes complete evaporation and their presence cannot be perceived; but the pudding is more digestible and much finer in flavor if they are used.

PUDDINGS WITH CORNSTARCH FOUNDATION.

314. CORNSTARCH PUDDING.

1 pint sweet milk.
Whites of 3 eggs.
2 tablespoons cornstarch.
3 tablespoons sugar.
⅛ teaspoon salt.

Put the milk into double boiler or into a pail set into a kettle of hot water and when milk is boiling hot (being in double boiler it will not bubble) add the sugar, then the starch dissolved in a little cold milk, and finally the whites of eggs beaten stiff. Beat the pudding until mixed, then pour into individual dishes, grate on a little nutmeg and serve hot.

315. COLD CORNSTARCH PUDDING.

Prepare as above; pour into individual cups, cool, tip out into saucers and serve with cold boiled custard around each mould.

316. CORNSTARCH WITH RAISINS.

Measure 1 pint of rich milk. Rub 2 tablespoons of cornstarch perfectly smooth with a little of the milk and heat the remainder to boiling, adding to it 1 tablespoon of sugar. Add the cornstarch paste and cook until it thickens, stirring constantly. Then add ½ cup of raisins which have been steamed. This may be served hot with sugar and cream, or turned into cups to mould, the latter being served with boiled custard flavored with lemon or orange.—(Mrs. E. E. Kellogg, A. M.)

317. COCOANUT CORNSTARCH.

Simmer a cup of grated cocoanut in a cup of milk for 20 minutes; strain the milk to remove the cocoanut, adding enough more milk to make a full quart. With a small portion of it, rub 1½ tablespoons of cornstarch to a smooth paste and put the remainder in a saucepan over the fire. When milk is boiling hot add the cornstarch, stirring constantly until it thickens, then remove from the fire and cool. Then add 2 tablespoons of sugar and 2 well beaten eggs. Bake in a moderate oven in a dish set in a pan of hot water, until the custard is well set.

PUDDINGS WITH CUSTARD FOUNDATION.

318. LEMON PUDDING.

The juice and grated rind of 1 lemon.
1 cup sugar.
2 eggs.
3 well rounded tablespoons flour.
A pinch of salt.
1 pint rich milk.

Mix the flour and part of the milk to a smooth paste. Add the juice and rind of lemon, a cup of sugar, yolks of 2 eggs well beaten and remainder of milk, having rinsed out the egg with it. Line a plate with puff paste ¼ inch thick, pour custard into it and bake in a quick oven until done. Beat whites of the eggs until stiff, add 2 tablespoons powdered sugar, and spread over the pudding; return to the oven and brown lightly. Serve with cold cream. This is a rich, but inexpensive pudding.

319. CUP CUSTARD.

4 cups scalded milk.
6 eggs.
½ cup sugar (maple if possible).
¼ teaspoon salt.
A little nutmeg.

Beat eggs slightly, add sugar and salt, pour in slowly the scalded milk; strain into buttered cups or individual moulds, set into a pan of hot water. Sprinkle with nutmeg and bake in a *slow* oven until firm, which may be readily determined by running a silver knife through the custard. If knife comes out clean, the custard is done. During baking, care must be taken that water surrounding the mold does not reach the boiling point, or the custard will whey. Also bear in mind that eggs and milk in combination must be cooked at a low temperature. If less eggs are used, custard is liable to crack when turned out upon serving dish.—(Fannie M. Farmer.)

PUDDINGS WITH CEREAL FOUNDATION.

320. HALF HOUR PUDDING.

Beat 4 tablespoons of butter to a cream with 1 cup powdered sugar; add the yolks of 3 eggs, beating them in thoroughly, then 2 cups of cornmeal and the whites of the eggs beaten to a stiff froth. Mix well and bake in a pudding dish well buttered. Serve hot with sweet cream or a hot pudding sauce.

321. BAKED INDIAN PUDDING.

1 quart sweet milk.
1 ounce butter.
4 eggs.
1 cup cornmeal.
½ pound raisins.
¼ pound sugar.

Scald the milk in double boiler and stir in *slowly* the cornmeal, beating carefully to prevent lumps; heat thoroughly, then allow to stand until blood warm; add remaining ingredients having the eggs well beaten; bake 1½ hours in a *moderate* oven. Serve with sweet cream.

322. INDIAN PUDDING WITHOUT BUTTER.

5 cups scalded milk.
⅓ cup Indian meal.
½ cup molasses.
1 teaspoon salt.
1 teaspoon ginger.

Pour milk slowly on the meal cooked in double boiler 20 minutes. Add molasses, salt and ginger; pour into buttered pudding dish and bake 2 hours in a slow oven; serve with cream. It must be baked slowly or meal will not "set."—(Fannie M. Farmer.)

(For Boiled Rice see Nos. 473 and 474.)

323. RICE SNOWBALLS.

Boil 1 pint of rice until soft in 2 quarts of water, with a teaspoon of salt; put into small cups and when perfectly cold, place in a dish. Make a boiled custard of the yolks of three eggs, 1 pint sweet milk, and 1 teaspoon cornstarch. Flavor with lemon. When cold, pour over the rice balls half an hour before serving.

324. RICE FRUIT WITH CREAM.

Cold boiled rice, moulded so it can be sliced, may be utilized in making a variety of delicious desserts. A nice pudding may be prepared by filling a dish with alternate layers of half inch slices of moulded rice and half inch layers of grated tart raw apples. Grate

a little lemon rind over each layer, cover, and bake one hour, setting pudding dish into a pan of boiling hot water. Serve with sugar and cream. Stoned cherries or peaches may be used instead of the apple.—(Mrs. E. E. Kellogg, A. M.)

325. BAKED RICE.

½ pound rice.
2 cups milk.
3 tablespoons raisins.
1 tablespoon dried orange or lemon peel cut into very small dice.
1 cup sugar.
1 tablespoon butter.
3 eggs.

Wash the rice in cold water until clear. Cook in boiling water until quite soft; drain, cool, and drain again. Pour the rice into a sauce pan with the milk, raisins, sugar, orange or lemon peel and cook slowly 15 minutes. Add the beaten eggs, stir well, and pour into a buttered baking dish; grate on a little nutmeg. Bake until well colored. Knock out into a serving dish and serve with sweet cream. (If orange peel is omitted add a few more raisins.)

In cold weather when eggs are scarce this pudding is quite as delicious if 3 heaping cups of snow be stirred in, *instead of the eggs,* just before pouring the pudding into baking dish.

326. SAGO AND APPLE PUDDING.

Pare and core six apples; fill holes with sugar mixed with cinnamon, using 1 teaspoon of cinnamon to ½ cup of sugar; take 1 tablespoon of sago to each apple; wash it thoroughly and soak one hour in water enough to cover the apples. Pour water and sago over apples and bake 1½ hours.

327. APPLE TAPIOCA.

To a half teacup of tapioca, add 1½ pints of cold water. Cook in double boiler until clear. Remove, sweeten and flavor with a wineglass of unfermented grape juice and a little nutmeg. Pare and core 6 or 8 apples, arrange in a buttered baking dish, fill the cavities with sugar mixed with a bit of nutmeg, squeeze a little lemon juice and grate a little of the rind over the apples. Pour tapioca mixture over them and bake until apples are done. Serve either hot or cold with cream.

Firm peaches pared and cooked in water to cover until nearly tender, may be used in place of apples..

328. CHERRY TAPIOCA.

Soak and cook ½ cup of tapioca in 2 cups of water until transparent, using double boiler. Place 2 cups of pitted cherries in a buttered pudding dish, pour the tapioca over them and bake for one hour in a moderate oven. Serve hot with sweet cream.

329. FRUIT TAPIOCA.

Cook three-fourths of a cup of tapioca in 4 cups of water until smooth and transparent. Stir into it, lightly, 1 pint fresh strawberries, raspberries, or any small fruit, adding sugar as required. Serve hot or cold with cream plain or whipped.—(Mrs. E. E. Kellogg, A. M.)

330. PRUNE TAPIOCA.

Soak ½ cup of tapioca over night. In the morning cook until transparent in 2 cups of water. Stew 2 cups of well washed and stoned prunes in a pint of water until perfectly tender; then add the juice of a good lemon and 2 tablespoons of sugar. Boil until the syrup becomes thick and rich. Turn the prunes into a pudding dish, cover with the cooked tapioca and add a little grated lemon rind. Bake lightly. Serve without dressing or with sweet cream.—(Mrs. E. E. Kellogg, A. M.)

SOUFFLÉ PUDDINGS.

331. VANILLA SOUFFLÉ.

3 eggs.
1 pint of milk.
2 cups sugar.
3 tablespoons sifted flour.
1 teaspoon vanilla.
The grated rind of one lemon.

Separate whites and yolks of eggs, putting yolks into a saucepan; add to the yolks, 2 cups of sugar, 3 tablespoons flour, the vanilla, grated lemon rind (use yellow portion only), 1 pint of milk, and allow to cook, while beating, for about ten minutes. Beat the whites stiff and pour into the sauce pan little by little, while stirring. Pour the whole into a buttered pudding dish and bake in a moderate oven until puffed and lightly browned. Serve with a bit of granulated sugar sprinkled over it.

332. LEMON SOUFFLÉ.

5 eggs.
3 tablespoons powdered sugar.
The grated rind of ½ a lemon.
2 tablespoons lemon juice.
¼ teaspoon salt.

Beat yolks of eggs until light colored and thick; add sugar gradually, then the grated rind and lemon juice; pour this mixture over the whites of the eggs, beaten until stiff (add salt to the whites before beating); cut and fold all together. Turn into a buttered baking dish and bake in a quick oven until well puffed and lightly browned.

333. CHESTNUT SOUFFLÉ.

¼ cup sugar.
2 tablespoons flour.
1 cup chestnut purée.
½ cup milk.
Whites of 3 eggs.
A pinch of salt.

Mix sugar and flour, add chestnut purée (see No. 264) and milk gradually; cook 5 minutes, stirring constantly. Add a pinch of salt to whites of eggs and beat until stiff; cut and fold into mixture. Bake as for Lemon Soufflé.

If soufflés are baked in a tin or thin metal dish, the pudding dish should be set into a pan of hot water. If a thick earthen pudding dish is used, this is not necessary.

XX

Cold Desserts

(See Fruits, Nos. 503 to 508.)

334. MIDSUMMER DREAM.

Make a compote of fruits, using sliced bananas, sliced oranges, Concord grapes, white grapes, pears cut into small pieces, apples cut small, also pineapple or any fruits which combine well, having a variety of at least four or five. Mix fruits lightly without mashing and cover with sugar, allowing 3 tablespoons to a cup of fruit, also a few drops of lemon juice. Have ready a mould of cold boiled rice; thoroughly chill the fruit and arrange individual dishes with a slice or spoonful of rice at one side, 2 tablespoons of the fruit, and cover liberally with whipped cream. Or, arrange the fruit around mould of rice, in a large dish, garnish with whipped cream and serve more in a separate bowl.

DESSERTS WITH GELATINE FOUNDATION.

335. LEMON JELLY.

½ ounce granulated sparkling gelatine.
2 cups cold water.
4 cups boiling water.
1½ cups sugar.
The juice of 3 lemons.

Soak the gelatine in the cold water for five minutes. Add the boiling water and the sugar and stir until dissolved; add juice of 3 lemons and strain through a jelly bag into moulds which have been filled with cold water and emptied without wiping. When cool, serve with sweet cream.

336. LEMON SNOW.

Prepare as for lemon jelly and when cooled until somewhat thickened, but not perfectly set, beat with Dover egg beater until it resembles stiffly beaten whites of eggs. Return to the mould and cool thoroughly.

This is delicious with a cup of nut meats (ground in coarsest meat cutter) stirred in when beating.

337. FRUIT JELLY.

When lemon jelly begins to set, add banana slices, white grapes, small bits of orange, figs or any fruit combination desired, distributing the fruit evenly through the jelly. Set away until thoroughly cooled.

338. PRUNE JELLY.

Make a lemon jelly (see No. 335), using only 1 cup of sugar and 3 cups boiling water; have ready 2½ cups of prunes, which have been simmered as directed for Prune Whip; when partly cool, remove stones and put the prunes through the meat chopper; also have ready ½ cup of pecan meats, which have been put through the coarsest meat cutter; stir ground prunes and nuts into the lemon jelly, working the prune pulp with spoon until it is evenly distributed through the jelly. Pour into moulds which have been wet with cold water, and chill.

339. COFFEE JELLY.

¼ ounce of sparkling gelatine.
¾ cup sugar.
½ cup cold water.
2 cups strong coffee.
1 cup boiling water.

Soak gelatine in the half cup of cold water five minutes; pour over it 2 cups of strong boiling coffee; when dissolved, stir in ¾ cup of sugar and add 1 cup boiling water; strain into wet moulds; serve with whipped cream.

DESSERTS WITH EGG FOUNDATION.

340. APPLE SNOW.

Whites of 3 eggs.
¾ cup apple pulp.
Powdered sugar.

Pare, quarter and core 4 sour apples; steam until soft and rub through a sieve; there should be ¾ cup of apple pulp. Beat on a platter the whites of eggs until stiff. Add gradually the apple sweetened to taste, and continue beating. Chill in a wet mould, turn out into a shallow dish, pour cold boiled custard around it and serve.

341. RASPBERRY WHIP.

1¼ cups raspberries.
1 cup powdered sugar.
The white of 1 egg.

Put ingredients in bowl and beat with wire whisk until stiff enough to mould into shape; about 30 minutes will be required for beating. Pile lightly on a dish, chill, surround with Lady Fingers, and serve with boiled custard.—(Fannie M. Farmer.)

342. FLOATING ISLAND.

Make a boiled custard, using 1 pint of milk and the yolks of 3 eggs, and flavor with 3 tablespoons cocoanut. Sweeten to taste and cook in a double boiler. When custard adheres to the spoon, turn into a glass dish. Have ready the whites of eggs whipped to a stiff froth, and drop for a few seconds by spoonfuls upon the top of a sauce pan of boiling hot water, turning so that both sides may be poached; skim off and arrange the islands upon the top of the custard. When cold, drop tiny cubes of preserved Canton ginger upon the islands; or currant jelly may be used. Chill until needed.

343. FRUIT CUSTARD.

Heat 1 pint of red raspberry, strawberry or currant juice to boiling and stir into it 2 even tablespoons of cornstarch, rubbed smooth in a little cold water. Stir constantly until thickened, then add ½ cup sugar or less if the fruit juice has been sweetened. Take from the fire and stir in the stiffly beaten whites of 3 eggs and 3 tablespoons of sugar. When done, set on the ice to cool. Serve in a glass dish, placing the fruit mixture by spoonfuls upon the top.—(Mrs. E. E. Kellogg, A. M.)

344. SEA MOSS.

⅓ cup of Irish moss.
1 quart milk.
¼ teaspoon salt.
1½ teaspoons vanilla or 1 teaspoon of lemon juice.

Soak moss in water to cover, about 15 minutes. Drain, pick over, removing all sprays which do not look clear and clean, rinse again, drain and add to the milk; cook 30 minutes in double boiler; add salt, strain through a wire sieve, pressing some of the sea moss through, if the flavor is liked. Flavor and fill a mold or individual molds which have been wet in cold water; chill, turn out upon a shallow dish and serve with sweet cream. Sliced banana may be served around the blanc mange. —(Fannie M. Farmer.)

XXI

Pudding Sauces

345. CORNSTARCH SAUCE.

2 cups boiling water.
1 rounding teacup sugar.
A pinch of salt.
1 tablespoon cornstarch.
Cold water.
1 tablespoon butter.
Nutmeg or vanilla.

Mix first five ingredients and cook in double boiler 20 minutes, dissolving cornstarch in a little cold water before adding; just before removing from the fire, add the butter and grate in a little nutmeg or flavor with a teaspoon of vanilla. This sauce should be very clear.

Or, omitting other flavorings, add a tablespoon of currant jelly, dissolved in a tablespoon of hot water; or a tablespoon of raspberry or currant syrup may be added.

346. MAPLE CREAM SAUCE.

To each cup of cream, add a tablespoon of maple sugar, scraped very fine; stir until sugar is dissolved.

347. PLAIN CREAM SAUCE.

To a pint of cream, add 3 tablespoons of light brown sugar and ½ of a small nutmeg grated. Stir until sugar is dissolved.

348. COLD CREAM SAUCE.

Beat together a cup of sugar and ½ cup of butter; add a cup of cream. Beat until thoroughly mixed and flavor with vanilla or lemon; chill thoroughly before serving.

349. HOT CREAM SAUCE.

1 cup of powdered sugar (or ½ white and ½ maple).
⅓ cup butter.
½ cup cream.
½ cup boiling water.
1 teaspoon vanilla or 1 tablespoon fruit syrup.

Cream butter and sugar together; add the cream and stir into a half cup of boiling water; heat in double boiler or in a pitcher set into top of tea kettle, stirring constantly. Remove and flavor with vanilla or a tablespoon of fruit syrup.

350. FRUIT SAUCE.

1 cup sugar (maple or light brown).
½ cup butter.
2 eggs (or one).
1 cup milk (if one egg, use ¾ cup milk).
1 cup berries, or fruit juice, or the juice in which peaches or apricots have been stewed, also
A little of the fruit cut fine.

Cream butter and sugar together; add the beaten eggs, stir well and add the milk, then the berries or fruit juice. Pour into a pitcher which will set into the top of the tea kettle, or heat in a double boiler; stir frequently until hot and well blended.

351. HARD SAUCE.

Hard sauce may be made with powdered white, light brown, or maple sugar. Cream ½ cup of sugar with ¼ cup of butter and beat until light. Flavor with ½ teaspoon of vanilla or lemon. Add the flavoring drop by drop. The white of an egg beaten stiff, and stirred into the sauce just before the flavoring, greatly improves it. Shape into a neat mound upon a small dish, chill and serve with hot puddings.

352. RASPBERRY HARD SAUCE.

Prepare as for Hard Sauce and beat in, very gradually, ½ cup of raspberry pulp, prepared by crushing raspberries through a wire strainer to eliminate seeds.—(Mrs. Janet McKenzie Hill.)

XXII

Frozen Desserts

353. DIRECTIONS FOR FREEZING.

Frozen desserts are among the easiest to prepare. When the mixture has been put into the freezer, and the stirring paddles inserted, cover the freezer, set into tub, attach crank, screw into place, and give the handle a turn to see that everything is well adjusted. Pound the ice finely in a piece of canvas, the finer, the better. In winter, snow may be used in place of ice. Scatter 3 cups of ice around the freezer, then a cup of salt, then 3 of ice, then one of salt, and so on, packing down with hammer handle until freezing mixture reaches the hole bored for draining. (This should be just below top of inner can.) Keep salt wiped away from top openings.

Ices and creams are more smooth if the handle is turned slowly and the turning reversed occasionally. When solid particles like fruits, Canton ginger nuts, brown bread, etc., are present, the freezer should be opened when it *begins* to turn hard, the stirring paddles should be lifted, and the contents thoroughly beaten with a long handled spoon, without removing can from freezer, to prevent solid particles from settling at the bottom. Then replace paddles, cover, and turn until the handle turns quite hard. Then open freezer, and if contents are well set, remove the stirring paddles, scraping off adhering portions with a knife, press down contents of freezer, cover plug hole in cover with paper or cork; hold inner can carefully to prevent liquid from getting inside. Tilt the tub a little and allow liquid to drain out through the hole in the side. Pack with 4 cups of ice to one of salt, proceeding as for freezing mixture until can is well surrounded; pack down well with hammer handle. Cover the ice with twisted newspapers, throw a thick canvas over all and set aside for an hour or more.

The slower the freezer is turned, the smoother and nicer the ice or cream will be. Turn slowly from the very beginning, except for milk sherbet, which needs to have very quick turning for a few moments, at first.

354. MILK SHERBET.

Dissolve 1 pint of sugar in a quart of milk; also soften a tablespoon of crystal gelatine in ⅛ cup of cold water and dissolve by half filling the cup with boiling water; have freezer ready and put in milk and sugar mixture, then the dissolved gelatine; add the juice of 3 large or 4 small lemons, cover the freezer and turn very quickly so as not to curdle the milk.

Milk sherbet may be varied by using 2 lemons and a cup of raspberries or strawberries mashed with a little sugar.

355. CANTON SHERBET.

4 cups water.
1 cup sugar.
⅓ cup Canton ginger.
½ cup orange juice.
⅓ cup lemon juice.

Chop ginger with coarsest meat cutter; add water and sugar and boil 15 minutes; add strained fruit juice, cool and freeze.

This is especially refreshing and palatable.

356. LEMON ICE.

4 cups water.
2 cups sugar.
¾ cup lemon juice.

Make a syrup by boiling water and sugar 20 minutes; add lemon juice; cool, strain and freeze.—(FANNIE M. FARMER.)

357. RASPBERRY ICE.

4 cups water.
1⅔ cups sugar.
2 cups raspberry juice.
2 tablespoons lemon juice.

Make a syrup as for lemon ice; cool, add raspberry juice prepared by mashing berries and squeezing through cheese cloth; add lemon juice; strain and freeze. Currant ice is prepared in the same manner as raspberry ice, omitting the lemon juice.

358. CHERRY ICE.

2 quarts sour cherries.
1½ cups sugar.
4 cups water.
Juice of 1 lemon.
¼ cup raspberry or currant juice.

Pick cherries from stems, wash and put into a porcelain or aluminum kettle; crush with potato masher, add sugar and water and boil 15 minutes. Remove from fire, strain through coarse strainer, pressing part of the pulp through, discarding skins and stones. Cool and add the juice of one lemon and a little raspberry or currant juice if convenient, though the latter may be omitted. Freeze slowly.

359. VANILLA ICE CREAM.
(PHILADELPHIA.)

Sweeten 1 quart of thin cream with ¾ of a cup of sugar; flavor with 1½ tablespoons of vanilla and freeze.

360. VANILLA ICE CREAM.
(NEW YORK.)

2 cups scalded milk.
1 tablespoon flour.
1 cup sugar.
1 egg.
⅛ teaspoon salt.
1 quart thin cream.
2 tablespoons vanilla.

Mix flour, sugar and salt; add egg slightly beaten and milk gradually. Cook over hot water 20 minutes, stirring constantly at first; when cool, add cream and flavoring; strain and freeze.—(FANNIE M. FARMER.)

361. CARAMEL ICE CREAM.

1 quart cream.
2 cups milk.
1⅓ cups sugar.
1 egg.
1 tablespoon flour.
⅛ teaspoon salt.
1½ tablespoons vanilla.

Mix flour, *half* of the sugar and salt, add eggs slightly beaten and milk gradually; cook in double boiler for 20 minutes, stirring constantly at first. Should the custard have a curdled appearance, it will disappear in freezing. Caramelize the second half of the sugar by heating the sugar without water, in a smooth pan (sugar must be constantly stirred when it will gradually turn to liquid and become a deep brown). When sugar is caramelized, pour into the hot custard and stir until caramel is entirely dissolved. Cool, add 1 quart of thin cream, 1½ tablespoons vanilla, and freeze.

362. MAPLE ICE CREAM.

Maple ice cream may be made like vanilla ice cream, using maple sugar instead of white sugar, or like caramel ice cream, omitting vanilla and using 1½ cups of maple sugar, adding sugar directly to the custard, without caramelizing.

363. BROWN BREAD ICE CREAM.

3 pints cream.
1¼ cups grated brown bread crumbs.
⅞ cup sugar.
¼ teaspoon salt.

Soak dried brown bread crumbs which have been grated or ground in meat chopper, in 1 quart cream; let stand 15 minutes, rub through a sieve, add sugar, salt and remaining cream; then freeze.

Be sure to open freezer and stir contents with spoon when partly frozen.

364. GRAPE NUT ICE CREAM.

Proceed as for brown bread ice cream, using Grape Nuts instead of brown bread crumbs.

XXIII

Cake and Gingerbread

Good materials and care are particularly necessary in cake baking.

Measure and assemble in good order upon the cake board or table all materials before beginning to mix. An earthen bowl of good size and a strong wire whisk or a perforated spoon are favorite utensils. There should be two measuring cups, one for dry and one for moist or liquid ingredients.

In making cakes without butter, such as sponge cakes, the egg yolks are usually beaten until thick, then sugar is gradually beaten in and the flour is added last.

In cakes with butter, the butter is first creamed with the sugar. Then the beaten eggs are added, or yolks only, if called for; baking powder is sifted with the flour and if separate whites are to be added, they are folded in just before the flour and the latter is then added with as few strokes as possible.

Light cake means long and vigorous beating. Mix well as each ingredient is added. Fruit is usually put in last.

Cake pans should always be carefully washed and dried just before using, then greased with butter and, for cakes containing butter, the pans may be lined with waxed paper or light weight writing paper, the latter to be again slightly greased. A smooth surface is produced by buttering the tin, then dredge with flour and knock out all except that which adheres to the butter.

In filling the pan, it should be about ⅔ full; make a depression in the center with back of spoon; this allows for rising and usually gives a good flat top.

Cakes should be baked in a moderately hot oven and should be carefully watched; open and close the door softly at any time after the cake has been in 10 or 15 minutes. After the cake is well risen, it can be turned if heat is not equal. If a cake cracks open upon the top, it is probable that a little less flour could be used. Flour varies and when it is found that the flour that is being used causes cakes to crack open, 1 or 2 tablespoons less than recipe calls for should be used, except in Summer. Summer heat tends to make cakes more liquid, which usually calls for the full amount of flour—possibly a trifle more.

Sponge cakes when taken from the oven may be cooled in the pan if desired. Van Deusen tins are best and being provided with legs at the top may be inverted a few moments, which allows circulation of air; cake may then be removed from the tin (which should never be greased) by running a knife carefully around edges and under the bottom, through slits provided for the purpose in these tins.

365. EGGLESS CAKE.

1½ cups sugar.
1 cup sour milk.
3 even cups of sifted flour.
½ cup butter.
1 teaspoon soda.
½ teaspoon cinnamon.
½ teaspoon grated nutmeg.
1 cup raisins floured and chopped.

Cream butter and sugar; dissolve soda in sour milk; add to mixture, also spices and flour, then the fruit.

366. ONE EGG CAKE.

1 cup butter.
1½ cups sugar.
3 cups flour.
1 cup sweet milk.
1 egg.
2 teaspoons baking powder.
1 cup chopped raisins.

Cream butter and sugar; add beaten egg, milk and flour sifted with baking powder; then the fruit.

367. HOT MILK SPONGE CAKE.

2 eggs.
Pinch of salt.
1 cup sugar.
1 heaping cup flour.
1½ teaspoons baking powder.
½ cup boiling hot milk.
1 tablespoon lemon juice.

Beat eggs very light; add salt, sifted sugar, flour and baking powder; mix well, then add the boiling hot milk.

368. PLAIN SPONGE CAKE.

Yolks of 6 eggs.
1 cup sugar.
1 tablespoon lemon juice.
Grated rind of half a lemon.
Whites of 6 eggs.
1 cup flour.
¼ teaspoon salt.

Beat yolks until thick and lemon colored; add sugar gradually, beat with Dover egg beater. Add lemon juice, grated rind and whites of eggs beaten stiff. When whites are partially mixed with yolks, remove beater and carefully cut and fold in flour mixed and sifted with salt. Bake 1 hour in a moderate oven in an Angel Cake pan. When failures are made in Sunshine and Angel Cake, they are usually traced to baking in too slow an oven and removing from oven before thoroughly cooked.

369. FOUR-EGG SPONGE CAKE.

Yolks of 4 eggs.
1 cup sugar.
3 tablespoons cold water.
1½ tablespoons cornstarch.
Flour.
1½ teaspoons baking powder.
¼ teaspoon salt.
Whites of 4 eggs.
1 teaspoon lemon extract.

Beat yolks of eggs until thick and lemon colored; add sugar gradually and beat 2 minutes, then add water. Put cornstarch in a cup and fill cup with flour. Mix and sift cornstarch and flour with baking powder and salt, and add to first mixture. When thoroughly mixed, add whites of eggs beaten until stiff, and flavoring. Bake 30 minutes in a moderate oven.—(FANNIE M. FARMER.)

370. LADY FINGERS.

Whites of 3 eggs.
⅓ cup powdered sugar.
Yolks of 2 eggs.
⅓ cup flour.
⅛ teaspoon salt.
¼ teaspoon vanilla.

Beat whites of eggs until dry; add sugar gradually and continue beating; then add yolks of eggs beaten until thick and lemon colored, and continue beating. Cut and fold in flour mixed and sifted with salt. Shape 4½ inches long and 1 inch wide on a tin sheet, covered with unbuttered paper, using a pastry bag and tube. Sprinkle with powdered sugar and bake 8 minutes in a moderate oven. Remove from paper with a knife.—(FANNIE M. FARMER.)

371. BRIDE'S CAKE.

Whites of 12 eggs.
3 cups sugar.
Small cup butter.
1 cup of sweet milk.
4 small cups flour.
½ cup cornstarch.
2 teaspoons baking powder.
1 tablespoon lemon juice.

Cream butter and sugar, add milk, cornstarch rubbed to a smooth paste with a little of the milk, lemon, whites of eggs beaten stiff and flour sifted with baking powder.

The addition of a cup of citron sliced thin and cut small, then dredged in flour, makes a handsome Citron Cake.

372. GRANDMOTHER'S WHITE CAKE.

Whites of 4 eggs.
1 cup sugar.
½ cup butter.
½ cup sweet milk.
2 cups flour.
1 teaspoon cream of tartar.
½ teaspoon soda.
1 teaspoon lemon extract.

Cream butter and sugar, add milk with soda dissolved in it, flour sifted with cream of tartar, flavoring, then fold in whites of eggs beaten stiff. This is a very nice small cake.

373. WHITE CAKE.

Whites of 6 eggs.
1 cup sugar.
½ cup butter.
⅓ cup sweet milk.
1 teaspoon cream of tartar.
½ teaspoon soda.
2 cups flour.

Cream butter and sugar, add soda dissolved in milk, sift cream of tartar with flour and add, then fold in whites of eggs beaten stiff.

374. PLAIN CAKE.

2 eggs.
1 cup sugar.
½ cup sweet milk.
½ cup butter.
2 cups flour.
½ teaspoon soda.
1 teaspoon cream of tartar.

Cream butter and sugar, add beaten eggs, soda dissolved in milk and cream of tartar sifted in the flour.

375. ORANGE CAKE.

2 cups sugar.
½ cup butter.
3½ cups sifted flour.
½ cup sweet milk.
3 eggs beaten separately.
3 teaspoons baking powder.

Cream butter and sugar, add beaten yolks, the milk, stiffly beaten whites, then fold in flour sifted with baking powder; bake in 3 shallow pans and

arrange as a layer cake with filling as follows:

FILLING—The juice and grated rind of 2 oranges, 2 tablespoons cold water, 2 cups powdered sugar. Heat in double boiler and when scalding hot, stir in yolks of 2 well beaten eggs and just before taking from the fire, stir in the white of one egg slightly beaten; when cold, spread between the layers. The white of second egg may be used for a white frosting if desired. (See Frostings.)

An orange may be peeled, divided into sections and each section cut in halves lengthwise with a sharp knife; then lay these upon each layer, if desired, evenly spread with the orange filling.

376. SPICE CAKE.

1 egg.
1 cup sugar.
2 tablespoons molasses.
½ cup butter.
1 cup sour milk.
1 teaspoon soda.
2⅔ cups flour.
All spices as desired.
1 cup raisins.

Cream butter and sugar, add beaten egg, molasses, soda dissolved in sour milk, spices, flour and raisins.

377. NUT CAKE.

1½ cups sugar.
½ cup butter.
¾ cup sweet milk.
2 cups flour.
½ teaspoon cream of tartar.
½ teaspoon vanilla.
1 cup hickory nuts.
Whites of 4 eggs.

Cream butter and sugar, add milk, cream of tartar sifted with the flour, flavoring, nuts, whites of eggs beaten stiff.

Frost with a plain icing or ornamental frosting and decorate with halves and fourths of English walnuts.

378. MAPLE CAKE.

Break 2 eggs into a cup and fill with sweet cream; pour off cream and beat the eggs; add 1 cup maple sugar, then the cream, then 1⅔ cups flour sifted with 2 teaspoons baking powder.

379. CHOCOLATE CAKE.

½ cup butter.
1 cup sugar.
2 small eggs.
½ cup milk.
1½ cups flour.
2½ teaspoons baking powder.
2 ounces chocolate melted.
1 teaspoon vanilla.

Cream the butter, add sugar gradually, yolks of eggs well beaten, then the whites beaten until stiff. Add milk, flour sifted with baking powder and beat thoroughly. Then add melted chocolate and vanilla; bake 40 minutes in a shallow cake pan.

380. AUNT MARY'S FRUIT CAKE.

1½ cups light brown sugar.
⅔ cup butter.
2 eggs.
½ cup sour milk.
Scant 2½ cups flour.
⅔ cup raisins.
⅔ teaspoon soda.
2 tablespoons finely cut citron or ¼ cup chopped nuts if desired.

Cream butter and sugar, add beaten eggs, soda dissolved in sour milk, flour, then raisins; also if used, the citron or the nuts.

381. FRUIT CAKE.

1 pound medium light brown sugar.
¾ pound butter.
1 pound flour.
8 eggs.
1⅛ cups rich sour cream.
1 teaspoon soda.
1⅛ cups molasses.
2 pounds raisins.
1 pound currants.
¾ pound citron.
½ pound dates.
½ pound figs.
¼ pound preserved Canton ginger.
¼ pound almond meats.
¼ pound candied orange peel.
2 tablespoons mace.
2 tablespoons ground cinnamon.
1 teaspoon ground cloves.
1 wineglass brandy.
⅓ of a nutmeg.

Cream butter and sugar, add well beaten eggs, molasses, soda dissolved in sour cream, sifted flour, spices, fruit and brandy. A strong arm is required for this cake but the results of thor-

ough mixing and stirring and careful baking will more than repay the effort. Bake from 2½ to 4 hours (according to size of loaves) in a moderate oven. To preserve moisture, cover with brown paper when half done, but bake thoroughly. This makes several loaves of ideal fruit cake. To keep perfectly moist for a year or more, wrap each loaf in cheese cloth, then in a perfectly fresh napkin and put into a tin cake box in which is kept standing a tumbler containing a wineglass of whiskey. The latter will in time evaporate and should be replenished.

382. LAYER CAKE.

1 egg.
1 cup sugar.
¼ cup butter.
¾ cup milk.
1¾ cups flour.
2 teaspoons baking powder.

Stir the sugar, egg and softened butter well together, add the milk, then the flour sifted with baking powder. Beat until smooth and creamy. Bake in 2 layer cake pans. For fillings, icings, etc., see Chapter XXIV.

383. JELLY ROLL.

3 eggs.
1 cup sugar.
½ teaspoon milk.
1 teaspoon baking powder.
¼ teaspoon salt.
1 cup flour.
1 tablespoon melted butter.

Beat egg until light, add sugar gradually, milk, flour mixed and sifted with baking powder and salt, then the butter. Line the bottom of a dripping pan with paper, butter paper and sides of pan. Cover bottom of pan with mixture and spread evenly. Bake 12 minutes in a moderate oven. Take from oven and turn upon a paper sprinkled with powdered sugar. Quickly remove paper from bottom of cake, cut off a thin strip from sides and ends of cake. Spread with jelly or jam which has been beaten to a consistency which will spread easily and roll. After cake has been rolled, roll paper around it that it may better keep its shape. The work must be done quickly or cake will crack in rolling.—(FANNIE M. FARMER.)

384. SOFT GINGER BREAD.

1 cup New Orleans molasses.
1 cup sugar.
2 eggs.
1 cup butter (softened).
1 cup sour milk.
1 teaspoon baking soda.
1 teaspoon cinnamon.
2 teaspoons ginger.
4 scant cups flour.

Stir well and bake in moderate oven. This makes one good loaf.

XXIV

Frostings and Fillings

Spread frostings with a silver knife dipped frequently into a bowl of hot water.

385. VANILLA ICING.

White of 1 egg.
1 tablespoon water.
Powdered sugar to spread.

Do not beat the egg, but stir in sifted powdered sugar until thick enough to spread (this may be known by taking up a little of mixture on a spoon and cutting with a silver knife; if it cuts clean and remains apart, it is stiff enough). Flavor with ½ teaspoon vanilla.

386. LEMON ICING.

Prepare as for No. 385 and flavor with ½ teaspoon of lemon juice, instead of vanilla.

387. ORANGE ICING.

Take the juice and grated yellow rind of 1 good, heavy orange; thicken with powdered sugar and spread.

388. RAISIN FROSTING.

Prepare as for No. 385, and add ½ cup of chopped raisins which have been rubbed with a little flour to keep them from lumping.

389. NUT FROSTING.

Prepare as for No. 385 and add ½ cup chopped pecans, English walnuts, almonds or any nuts desired.

390. COCOANUT FROSTING.

Prepare as for No. 385 or No. 393 and sprinkle chopped or dessicated cocoanut upon the top.

391. WHITE MOUNTAIN CREAM.

1 cup sugar.
⅓ cup boiling water.
White of 1 egg.
1 teaspoon vanilla or ½ tablespoon lemon juice.

Put sugar and water in sauce pan and stir to prevent sugar from adhering to pan; heat gradually to boiling without stirring until syrup will thread when dropped from tip of the spoon or tines of silver fork. Pour syrup gradually on beaten white of egg, beating mixture constantly and continue beating until of right consistency to spread; then add flavoring and pour over cake, spreading evenly with back of spoon. Crease as soon as firm. If not beaten long enough, frosting will run; if beaten too long, it will not be smooth. Frosting beaten too long may be improved by adding a few drops of lemon juice or boiling water. This frosting is soft inside and has a glossy surface. If frosting is to be ornamented with nuts or candied cherries, place them on frosting as soon as spread.—(FANNIE M. FARMER.)

392. BOILED FROSTING.

1 cup sugar.
½ cup water.
Whites of 2 eggs.
1 teaspoon vanilla.
½ teaspoon lemon juice.

Make same as White Mountain Cream. This frosting on account of the larger quantity of egg, does not stiffen as quickly as White Mountain Cream, therefore is more successfully made by the inexperienced.—(FANNIE M. FARMER.)

393. ORNAMENTAL FROSTING.

Whites of 3 eggs.
1 tablespoon lemon juice.
Sifted powdered sugar to spread.

Put whites of eggs in a large bowl, add 2 tablespoons of sugar, and beat three minutes with Van Deusen egg beater. Repeat until 1½ cups of sugar are used; add lemon juice gradually as mixture thickens. Continue adding sugar by spoonfuls and beat until frosting is stiff enough to spread. (See test in No. 385.) Spread cake thinly with frosting; when this has hardened, put on a thicker layer, having mixture somewhat stiffer than first coating, and then crease for cutting. This frosting is used for decorative work and if it is to be shaped into fancy designs, add to remaining frosting enough more sugar to make it keep its shape after being forced through pastry bag and tube.

This frosts a very large cake. One-third to one-half the quantity will frost a small loaf.

Use this frosting for making crosses upon hot cross buns.

394. MAPLE FROSTING.

Boil 1 cup of maple syrup or 1 cup of maple sugar to which ¼ cup of boiling water has been added, until a heavy thread forms when syrup is dipped up and dropped from spoon, or until it becomes crisp when dropping into cold water. When done pour slowly upon stiffly beaten white of 1 egg and spread at once.

395. VANILLA FILLING.

1½ cups powdered sugar.
⅓ cup cream to spread (rich thick cream is best).
½ teaspoon vanilla.

Add sugar to cream gradually, and flavor. If not thick enough to spread, and stay in place, stir in a little more sugar.

396. RAISIN FILLING.

Prepare as for No. 395, adding ½ cup of chopped raisins.

397. NUT FILLING.

Prepare as for No. 395, adding ½ cup chopped nuts. Pecans or English walnuts are best.

398. CHOCOLATE FILLING.

Prepare as for No. 395, and add ½ ounce of melted bitter chocolate.

399. MAPLE CREAM FILLING.

1 cup maple syrup or sugar.
½ cup rich cream.

Boil together until when dropped into very cold water it forms a creamy ball. Remove from the fire and beat until thick enough to spread and keep its place. Spread between layers and upon top of layer cake.

400. NUT MAPLE FILLING.

Prepare as for No. 395, adding ½ cup of chopped English walnut or butter nut meats.

XXV

Cookies and Fancy Cakes

Sheets of tin, cut to slide into oven and rest upon the ridges made for grates, will be found a great convenience, particularly for cookies.

Two or three sheets are desirable, two being in the oven while a third is being filled. Any tinner can cut them to the size desired. The absence of sides of pan greatly facilitates slipping the cookies off without breaking. A dripping pan turned upside down will do.

401. CREAM COOKIES.

1 egg.
1 cup white sugar.
1 cup sour cream.
1 level teaspoon soda.
A pinch of salt.
1 teaspoon vanilla.
Flour to mix as soft as can be handled.

Beat the egg, add sugar, soda dissolved in sour cream, vanilla and flour, adding just enough of the latter to permit handling. Mix with chilled ingredients and keep all very cool while mixing. The softer these cookies are handled, the richer and nicer they will be. Pat and roll, but do not knead. Shape with cookie cutters, sprinkle tops with granulated sugar and if desired, lay a blanched almond upon the top of each.

402. GINGER CRISP.

1 cup butter.
2½ cups sugar.
½ cup sweet milk.
3 eggs.
1 teaspoon soda.
1 tablespoon ginger.
Flour to mix stiff (about 7 cups).

Cream butter and sugar; add beaten eggs, soda dissolved in milk, and ginger. Add as much flour as can be stirred in (about 7 cups, or enough to make very stiff).

Keep mixing bowl in a *cool* place. Cut off a piece about the size of a large orange. Return remainder to bowl, cover and set in a cool place; place the portion cut off upon a greased tin sheet and roll out about ⅛ inch thick; roll a creased rolling pin lightly over it if convenient; if not, bake in a plain sheet; sprinkle lightly with sugar before putting into the oven; watch carefully and bake 12 or 15 minutes, or until very slightly browned. If edges brown before center, remove from the oven, cut 2 inch strips from the four sides, cut these into 3 inch lengths and stand on edge around sides of a pan to cool; return remainder of sheet to the oven until done; remove, cut into strips and stand on edge in pan. Cut another portion from the dough, roll, crease, sugar and bake as above, and so on.

This is very dainty and keeps a long time.

403. SOFT MOLASSES COOKIES.

1 cup molasses.
1¼ teaspoons soda.
1 cup sour milk.
½ cup butter melted.
2 teaspoons ginger.
1 teaspoon salt.
Flour.

Add soda to molasses and beat thoroughly. Add milk, shortening, ginger, salt and flour. Enough flour must be used to make mixture of right consistency to drop easily from spoon.

Allow to stand several hours in a cold place, until thoroughly chilled.

Toss half of the mixture at a time upon slightly floured board, roll lightly to ¼ inch thickness. Shape with a round cutter, first dipped in flour; bake on a buttered tin sheet.—(FANNIE M. FARMER.)

404. CENTENNIAL CAKES.

2 cups light brown sugar.
2 eggs.
⅔ cup melted butter (or half butter and half lard).
1 cup chopped raisins (or half raisins and half currants).
2 tablespoons sweet milk.
1 teaspoon each of salt, soda and cinnamon.
½ teaspoon ground clove.
A little nutmeg.
Flour to make a mixture as soft as can be handled for rolling.

Cover and set aside in mixing bowl until thoroughly chilled. Roll part of the mixture at a time; shape with cookie cutters and bake upon buttered tin sheets. These cakes are delicious and will keep for weeks.

405. GINGER SNAPS.

1 cup molasses.
½ cup butter.
3¼ cups flour.
½ teaspoon soda.
1 tablespoon ginger.
1½ teaspoons salt.

Heat molasses to boiling point and pour over butter. Add dry ingredients mixed and sifted. Chill *thoroughly*.

Toss ¼ of the mixture on a floured board and roll as thinly as possible; shape with a small round cutter first dipped in flour. Place close together on a buttered tin sheet and bake in a moderate oven. Gather up the trimmings and roll with another portion of dough. During rolling, the bowl containing mixture must be kept in a cool place.—(FANNIE M. FARMER.)

406. FRUIT PINWHEELS.

1 pint flour.
1 tablespoon sugar.
½ teaspoon salt.
2 teaspoons baking powder.
2 rounding tablespoons butter.
1 cup of milk (scant).

* * * * *

1 tablespoon butter.
¾ cup sugar.
1 cup currants.
¼ of a nutmeg.

Sift flour, sugar, salt and baking powder together; into this rub the butter, using finger tips; wet with the milk added gradually. Sprinkle board with flour and roll dough in oblong shape about 8 by 15 inches and ½ inch thick. On this, spread the tablespoon of soft butter, ¾ cup granulated sugar and a cup of currants which have been carefully washed and dried in a napkin. Grate over the nutmeg and roll like Jelly Roll with the long edge for the length. With a floured knife, cut off slices about ¾ of an inch thick, lay on a well buttered tin sheet or dripping pan, with space between. Bake in a quick oven for 12 minutes.

407. NUT DROPS.

⅔ cup butter.
¾ cup light brown sugar.
½ cup molasses.
2 eggs.
1¾ cups flour.
1½ cups pecan meats.
½ cup preserved Canton ginger cut into ⅛ inch cubes.
Nut meats for top.

Cream butter and sugar; add molasses, beaten egg, then flour. Beat well, add nuts, coarsely chopped. Decorate the top of each cake with a half pecan meat, and bake in buttered gem pans (cast iron are best) until done and handsomely browned.

408. CHOCOLATE COOKIES.

¼ pound German sweet chocolate, grated.
1 pound medium light brown sugar.
4 eggs.
1 tablespoon melted butter.
3 teaspoons cinnamon, ground.
2 teaspoons baking powder.
2½ cups flour.

Beat eggs, stir in sugar, melted butter, chocolate and cinnamon; then add the flour sifted with baking powder. The batter should be as stiff as can be stirred; if it is not, add a trifle more flour. Drop a heaping teaspoon of the batter upon a well buttered tin sheet or an inverted dripping pan. Bake in a moderate oven until crackled, glazed and slightly browned.

XXVI

Bread

Select a standard brand of flour and always use the same, to insure uniform results.

Set bread to rise in a very large bowl or deep pan, in a warm room, but not upon the stove except perhaps in Winter, when the bowl might be set upon the top of the warming oven; do not put bread to rise where there is heat enough to cook it. Cover the bowl with a clean bread cloth, then with a large tin cover to keep out drafts. Be careful not to set the bread pan where a draft can strike it and if the room is cool, a clean blanket should be wrapped around and over the dish; it is well to keep part of a clean blanket for this purpose.

Bread is usually considered a difficult thing to make, but it is not. Home made bread is far more wholesome than the baker's product and good bread of her own make should be a great satisfaction to the housewife. There will be no trouble about bread making if a good rule be carefully followed.

Caution: Never dissolve yeast in *hot* water or put it into a hot mixture —always *tepid*. Heat cooks and kills the yeast plant which will not, then, expand or cause mixture to rise.

Knead thoroughly—and remember this is the best of exercises for developing a beautiful wrist and arm.

409. FAVORITE BREAD.

1 cup scalded milk.
1 cup boiling water.
2 tablespoons shortening.
1 even tablespoon sugar.
1½ teaspoons salt.
1 yeast cake.
¼ cup lukewarm water.
6 cups flour.

Mix bread at night. Into the mixing bowl put shortening, sugar and salt (2 tablespoons butter; or 1 tablespoon butter and one of lard; or one of butter and one of clarified beef drippings may be used). Upon this pour the scalded milk and boiling water and allow to stand until lukewarm. Meanwhile dissolve yeast cake in ¼ cup of lukewarm water (never *hot* water). When mixture in bowl is lukewarm, stir in 2 cups of sifted flour, add the dissolved yeast; then stir in 3 more cups sifted flour. Set bread to rise over night, following directions given above.

In the morning before breakfast, cut bread down with a knife, stir in another cup of sifted flour—when it should be stiff enough to handle; if not, add a trifle more flour. Different lots of flour will be found to vary in moisture, and the amount of flour should be regulated to meet requirements. Scatter flour upon the bread board, and knead dough for 10 minutes at least; it should not stick to the hands at the end of this time. If it does, knead a little longer, scattering on as little flour as needed. Scatter a little flour in bread bowl, return dough to the dish, cover as before and set aside to rise (about 2 hours). When doubled in bulk cut down again, tip out upon bread board, knead a little, cut into loaves, knead each one well and lay into a buttered bread tin. This amount makes two medium sized loaves or one large loaf and a tin of biscuit. Double this quantity makes three good loaves and a tin of biscuit.

In shaping loaves, try to keep them free from creases; dough should fill the pan about one-third. Have ready a little melted butter and brush over tops and sides of loaves; prick each loaf several times in uniform design with a fork. Set in a warm place to rise slowly; about 30 to 45 minutes. When risen a little more than twice their size, set into a moderate oven. Bread should not bake too quickly at first, that it may rise sufficiently. When bread has been in 15 minutes, heat should be increased. Bake 45 or 50 minutes. When done, bread should tip out easily, having shrunk slightly from sides of pan.

After removing from oven, spread a clean bread cloth upon the table, tip out the loaves, set a bread tin upside down upon the cloth, and tip loaves one against each side of the tin, the loaves resting upon edge on the table. This permits air to circulate all around them, giving a crisp crust.

When cool, set into bread box which has been freshly washed, aired and lined with a piece of fresh paper, preferably waxed or paraffine paper.

410. ONCE-RAISED BREAD.

Make bread as above, but add the 6 cups of flour when stirring up the bread and knead for 10 minutes at the time of mixing. Then raise until fully doubled in bulk, cut down, knead for five minutes, put into tins, raise and bake. Bread made in this way can be mixed either at night and baked directly after breakfast, or it can be mixed early in the morning and baked before lunch time.

411. WATER BREAD.

1 tablespoon sugar.
2 cups boiling water.
¼ yeast cake or ¼ cup liquid yeast.
1 teaspoon salt.
6 cups flour.

Dissolve sugar in boiling water and allow to cool until lukewarm. Add yeast (dissolved in a little lukewarm water, if compressed yeast be used). Stir in 4 to 5 cups flour. Stir well for 5 minutes, cover bread bowl, wrap in a blanket if room is cold, and allow to rise over night. In the morning add balance of flour and a little more if necessary, also the salt. Knead well for 15 or 20 minutes, cover and allow to rise again. When doubled in bulk shape into loaves as directed for Favorite Bread. Brush over with butter, prick, allow to rise in the tins and bake.

412. WATER BREAD WITH SHORTENING.

1 tablespoon sugar.
1½ teaspoons salt.
1 tablespoon butter.
1 tablespoon lard or clarified beef drippings.
1 pint boiling water.
½ of a yeast cake dissolved in 3 tablespoons lukewarm water.
6 cups flour (sifted).

Pour boiling water upon shortening, sugar and salt in mixing bowl; allow to cool until lukewarm, then add yeast which has been dissolved in 3 tablespoons lukewarm water. Add 6 cups of sifted flour, stir thoroughly for 10 minutes and when well mixed, scatter a little flour on bread board, tip out and knead for 10 minutes, or until bread does not stick and bubbles break in the dough. Bread when thoroughly kneaded should be elastic and tender. Scatter a little flour in bread bowl, cover with bread cloth and a tin kettle cover, and allow to rise over night. In the morning before breakfast, knead bread again for 10 minutes. Allow to rise a second time if desired, or bread may be at once shaped into loaves and put into tins. When shaped into loaves, brush over with butter, prick and when doubled in bulk, bake in a moderate oven, increasing the heat when half done.

413. WHOLE WHEAT BREAD.

2 cups warm water.
1 teaspoon sugar.
4 even cups whole wheat flour.
2½ cups white flour (even measure).
½ compressed yeast cake dissolved in a little tepid water.

Pour warm water into bread bowl, add yeast and sugar, beat in the white flour, cover well, wrapping in a blanket if room is cool and allow to rise until foamy. Then stir well, add 1 teaspoon salt, and whole wheat flour, which has been slightly warmed in the oven. The dough should be *very stiff*. Knead thoroughly for 15 to 20 minutes, return to bread bowl which has been washed and buttered. When doubled in size, shape into 2 loaves, place in oblong bread tins and allow to rise until very light. Bake in a *very hot* oven for 10 or 15 minutes, then moderate the heat and bake from 45 minutes to an hour and a quarter, according to heat of oven.

414. NUT BREAD.

Make as for Whole Wheat Bread, working in a cup of chopped nut meats when adding the whole wheat flour. English walnuts, hickory nuts, or butternuts are best.

415. RYE BREAD.

Make the same as Water Bread. In the morning when well risen, add a second tablespoon of sugar and a cup of rye flour instead of the sixth cup of wheat flour. If more flour is necessary for kneading, use rye instead of wheat, but do not use more than is re-

quired to make the dough just stiff enough to handle without sticking. Knead 10 or 15 minutes or until bubbles break in the dough and it is elastic and tender. White flour should be used for the bread board. Rye bread should not be quite so stiff as wheat bread, and may need to bake a little longer.

416. GRAHAM BREAD.

1 cup scalded milk.
1½ cups boiling water.
⅓ cup molasses.
1½ teaspoons salt.
¼ yeast cake dissolved in 2 tablespoons lukewarm water.
3 cups wheat flour.
3 cups graham flour.

Pour scalded milk and boiling water upon molasses and salt in bread mixer. Dissolve yeast cake in the lukewarm water and when bread mixture has cooled to lukewarm, stir in 2 cups of wheat flour, then the dissolved yeast, add the third cup of wheat flour and stir in the 3 cups of graham, after sifting. Part of the bran remains in sifter and should not be used. Cover well and allow to rise until doubled in bulk. Stir again, beating for 10 minutes. Half fill well buttered bread pans and allow to rise until nearly doubled in bulk. Bake in a slow oven for 2 or 2½ hours.

417. QUICK GRAHAM BREAD.

1½ pints sour milk.
½ cup New Orleans molasses.
½ teaspoon salt.
2 teaspoons soda dissolved in a little hot water.
Graham flour.

Mix sour milk and molasses, add salt and soda dissolved in the hot water. Add as much graham flour as can be stirred in with a spoon; pour into a well greased bread pan, set at once into a slow oven and bake two hours.

418. UNLEAVENED GRAHAM BREAD.

3½ cups graham flour or meal.
1 cup cold water.
1 teaspoon salt.

Add flour to cold water and salt, and knead for 20 minutes. Shape into a loaf, lay into a small well buttered bread tin, allow to rise for two hours and bake in a moderate oven for two hours. This resembles the German pumpernickel and is a very easily digested bread recommended for dyspeptics.

419. BOSTON BROWN BREAD.

2 cups cornmeal.
2 cups rye meal.
2 cups sour milk.
1 teaspoon soda.
1 teaspoon salt.
⅔ cup New Orleans molasses.
1 egg.
½ cup seeded raisins.

Sift salt with the flour; dissolve soda in sour milk and add to the flour; add molasses, egg well beaten, and the raisins. Pour into well buttered brown bread moulds or a tapering pail with tight cover. Steam 3 hours putting on over cold water and begin to time as soon as water boils. When done, remove covers from moulds and bake ½ hour.

420. CORN BREAD WITHOUT BUTTER.

2 rounding cups cornmeal.
2 cups sour milk or buttermilk.
1 egg.
1 teaspoon soda.
1 teaspoon salt.

Dissolve soda in sour milk or buttermilk, stir into the meal sifted with salt; beat until smooth and bake in shallow cake tin or gem pans. 1 tablespoon sugar may be added if desired.

421. CORN BREAD WITH BUTTER.

1 cup cornmeal.
1 cup flour.
⅓ cup sugar.
1 egg.
1 cup sour milk.
⅔ teaspoon soda.
1 tablespoon butter (or two may be used).

Beat egg and add meal and sour milk alternately, then the butter (softened), sugar and finally the soda dissolved in a little warm water. Sweet milk may be used, but is not as nice; in this case use 1 teaspoon baking powder sifted with the flour, and omit the soda; bake 20 minutes in a hot oven, using a cake tin about 2 inches deep.

422. FRUIT LOAF.

¼ cake of compressed yeast.
2 cups scalded milk.
2 cups white flour.
3¼ cups graham and whole wheat flour mixed.
1 cup raisins.

Dissolve yeast in 2 tablespoons of the milk, cooled to lukewarm, then add to balance of milk which has been scalded and cooled until tepid; stir in the white flour, beating thoroughly; raise until foamy, then beat in the graham and whole wheat flour (equal proportions) sifted together. A little more than the amount given may be added if necessary for kneading. Knead thoroughly for 20 minutes, then work in the raisins which have been washed, seeded, dried in a napkin and dredged with flour. Allow to rise, then shape for tins, raise again in the pans, and bake.

423. BUCKWHEAT BREAKFAST CAKE.

1½ cups buckwheat flour.
¼ cup white flour.
2 tablespoons molasses.
1 cup buttermilk (or sour milk).
1 scant teaspoon soda.
1 tablespoon melted butter.
1½ teaspoons salt.

Mix and sift flour and salt; dissolve soda in buttermilk, stir into flour, add molasses then melted butter. Beat thoroughly and pour into a well buttered square tin 2 inches deep. Bake in a moderate oven to a golden brown; test with broom corn. When done, the broom corn will come out smooth. Buckwheat calls for buttermilk but if this cannot be obtained, sour milk may be substituted.

XXVII

Batters, Rolls, Breakfast Cakes

424. BATTER FOR EGGING AND CRUMBING.

For each well beaten egg, add 1 or 2 tablespoons of cold water; roll croquettes, cutlets or whatever is to be crumbed, first in the crumbs, then in egg mixture, then in crumbs again.

425. THIN BATTER.

The following makes a thin batter, useful in many ways such as frying German toast, frying tripe, etc.:

1 egg.
½ teaspoon sugar.
⅛ teaspoon salt.
½ cup milk.
½ cup flour.

Beat the egg, add sugar, milk and flour sifted with the salt. Beat until smooth. This makes a little more than a cup of batter. If more is desired, increase the ingredients, keeping the proportions the same.

426. DUMPLINGS.

2 cups flour.
4 teaspoons baking powder.
½ teaspoon salt.
½ tablespoon butter.
¾ cup milk.

Sift flour, baking powder and salt together. Work in butter with finger tips and when thoroughly mixed, add milk gradually. Beat well and drop this thick batter by heaping tablespoonfuls upon potatoes and meat in the stew kettle. If liquid comes above meat and potatoes, pour off a little, as the dumplings should not rest on liquid but on meat and potatoes above it. Cover kettle and cook six minutes, when dumplings should be thoroughly steamed and light. Take up dumplings on a separate platter.

427. TEA ROLLS.

Use a portion of Favorite Bread dough (see No. 409). Take off enough for a small loaf,. roll long and slender, and cut off into 12 portions. Work each portion into a round shape in the hand, brush over top and sides with melted butter and arrange rolls in a double crowded row in a well buttered bread tin; prick each roll with a fork, and set the tin beside the ice or in a very cool place. Cover with a thickly folded bread cloth. This should be done when bread is shaped for the tins in the forenoon. 40 minutes before tea time or evening dinner, set the tin of rolls in a warm place for

20 minutes, keeping them covered. Bake 20 minutes in a moderately hot oven. If rolls are not browned on the bottom and sides when done, tip them out and turn them over in the tin and allow bottoms to brown lightly.

428. SHAMROCKS.

Prepare dough as above, but shape round, about the size of a twenty-five cent piece of a large marble; brush well with melted butter and pack into buttered gem-pans, allowing three biscuits to each gem-pan. When well risen, bake 20 minutes in a moderately hot oven. The contents of each division will tip out in a dainty roll, which will divide into three sections when broken at the table.

429. PARKER HOUSE ROLLS.

2 quarts flour.
1 quart milk.
2 heaping tablespoons butter (or 1 of butter and 1 of lard or clarified beef drippings).
1 heaping tablespoon sugar.
1 teaspoon salt.
1 yeast cake dissolved in ¼ cup lukewarm water.

Sift sugar with the flour into bread mixer or bowl; melt shortening in scalded milk; make a well in center of flour and pour the milk at boiling point into this well; let it stand until lukewarm, add dissolved yeast, stir a very little of the flour from sides into the liquid and allow to stand until morning.

Mix all thoroughly with a knife, allow to rise, then cut down and allow to rise again. About two hours before wanted, add a little more flour, just enough to permit kneading. Knead for 10 minutes, roll out to ¾ inch thickness; cut out with round biscuit cutter; crease across with a wooden skewer, pressing down firmly and making one half a little larger than the other; brush with melted butter, fold smaller half over the larger, press lightly into place and lay into shallow, buttered tin. Arrange rolls about one inch apart, allow to rise in a cool place for an hour and a half, then bring into warmer temperature for ten minutes and bake 20 minutes in a moderately hot oven.

430. SALAD OR DINNER ROLLS.

2 cups scalded milk.
¼ cup butter.
2 tablespoons sugar.
1 teaspoon salt.
1 yeast cake dissolved in ¼ cup lukewarm water.
Flour.

Add butter, sugar and salt to scalded milk; when lukewarm, add dissolved yeast cake and 3 cups flour. Beat thoroughly, cover and let rise until light; cut down and add enough flour to knead (about 2½ cups). Let rise again, toss on slightly floured board, knead, pat and roll out to ⅓ inch thickness. Cut and shape into small biscuits, place in rows on floured bread board, cover with cloth and pan and let rise until light and well puffed. Flour handle of wooden spoon and make a deep crease across middle of each biscuit. Take up and press edges together. Place closely in buttered pan, cover, let rise and bake 12 to 15 minutes in a hot oven. From this same mixture crescents, braids, twists, bow-knots and other fancy shapes may be made.—(FANNIE M. FARMER.)

431. BREAKFAST ROLLS.

1 rounding tablespoon butter.
2 cups hot milk.
4 cups flour.
1 egg.
¼ teaspoon salt.
1 yeast cake dissolved in ¼ cup lukewarm water.

Dissolve the butter in scalded milk; when lukewarm stir in the flour, add the beaten egg, salt and yeast. Work dough until smooth. If winter, set in a warm place; if summer, in a cool place to rise. Early in the morning work the dough, keeping it soft and roll out ½ inch thick and cut into biscuit; set to rise for 30 minutes. They are then ready to bake for 15 or 20 minutes in a moderately hot oven.

432. FAMOUS MORAVIAN COFFEE CAKE.

1 cup milk.
½ cup mashed potatoes.
¾ yeast cake.
¼ cup lukewarm water.
2 teaspoons salt.
1 egg.
½ cup white sugar.

¼ cup butter.
¼ cup lard or clarified beef drippings.
4½ cups flour.

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⅓ cup butter.
1 cup medium light brown sugar.
2 tablespoons flour.

Stir mashed potatoes into a cup of milk in a large earthen bowl. Add yeast dissolved in lukewarm water; add salt and 2 cups of flour, to make a stiff sponge. Beat thoroughly for five minutes, cover with bread cloth and tin cover and set in a warm place over night (mix just before retiring). Early in the morning add one well beaten egg, ½ cup white sugar, the half cup of shortening, softened, and 2½ cups of flour or just enough to knead the sponge until it no longer sticks to the hands and until bubbles break in it. Roll the dough to one inch thickness and spread in 2 large shallow tins or four smaller round ones. Cover lightly with bread cloth and set in a warm place to rise 30 or 40 minutes. When very light, punch holes nearly to the bottom, using the floured end of a silver knife handle. Use ⅓ cup of butter, cut into ¼ inch dice, and put a bit in each hole; rub 2 tablespoons of flour with a cup of medium light brown sugar, until sugar is fine and well mixed with the flour. Scatter liberally over the buttered and raised dough and bake in a moderately quick oven 20 minutes. This is the most delicious of Coffee Cake.

433. HOT CROSS BUNS.

1 cup scalded milk.
¼ cup sugar.
2 tablespoons butter.
½ teaspoon salt.
½ yeast cake dissolved in ¼ cup lukewarm water.
¾ teaspoon cinnamon.
3 cups flour.
1 egg.
¼ cup raisins stoned and quartered.

Add butter, sugar and salt to milk; when lukewarm, add dissolved yeast cake, cinnamon, flour and egg well beaten; when thoroughly mixed, add raisins, cover and let rise over night. In the morning, shape into large biscuits, place in a pan 1 inch apart, allow to rise (30 to 45 minutes), brush over with beaten egg and bake 20 minutes; cool and with Ornamental Frosting (see No. 393) make a cross on the top of each bun. (In making cross, either use pastry bag or form a piece of strong brown paper into a "cornucopia," fasten with a pin, clip off the point to leave a small round hole, fill with the frosting and press through with a spoon, guiding the frosting into a cross on the top of each bun.)—(Adapted from Fannie M. Farmer.)

434. ENGLISH MUFFINS.

1 cup scalded milk.
1 cup hot water.
1 tablespoon butter.
1 tablespoon lard or clarified beef drippings.
1 teaspoon salt.
¼ cake compressed yeast dissolved in 2 tablespoons lukewarm water.
1 egg.
4½ cups sifted flour.
2 tablespoons sugar.

Dissolve shortening, sugar and salt in the scalded milk; when lukewarm, add the well beaten egg, 2 cups of flour and the dissolved yeast; stir thoroughly, add remaining flour, cover as directed for bread making and allow to rise over night. Early in the morning half fill buttered muffin-rings (set upon a buttered tin sheet) and allow to rise until they art just full. Bake 30 minutes in a moderately hot oven.

435. POPOVERS.

1 cup sweet milk (scant).
1 cup sifted flour.
1 teaspoon butter.
1 egg.
½ teaspoon sugar.
¼ teaspoon salt.

Stir salt and flour together, stir in milk very gradually and beat until smooth. Add well beaten egg and butter melted; beat 3 minutes with Dover egg beater and bake 30 to 40 minutes in gem-pans, preferably iron, which have been heated very hot and then well buttered.

Gem-pans should be hissing hot when batter is turned into them. Do not open oven door for at least 30 minutes—better not at all. Have oven moderately hot.

436. BAKING POWDER BISCUIT.

2 cups flour.
4 teaspoons baking powder.
1 tablespoon butter or clarified beef drippings.

¾ cup milk (or half milk and half water).
1 teaspoon salt.

Sift baking powder, flour and salt, working in butter with finger tips; add the liquid, very gradually, cutting in with a knife to make a soft, even dough. Roll out about ½ inch thick, shape with biscuit cutter, arrange biscuit just touching in a shallow buttered pan and bake 15 minutes in a moderately hot oven.

437. ONE EGG MUFFINS.

2 cups flour.
4 teaspoons baking powder.
½ teaspoon salt.
1 tablespoon sugar.
1 cup milk.
2 tablespoons melted butter (or 1 tablespoon melted butter and 1 of clarified beef drippings).
1 egg.

Sift flour, baking powder and salt together, add the milk very gradually, the well beaten egg, and butter melted. Beat well and pour into buttered gem-pans. Bake 20 to 30 minutes in a moderately hot oven.

438. BLUEBERRY GEMS.

1 cup milk (scant).
1 tablespoon sweet cream.
1 tablespoon sugar.
1 egg.
1 cup graham flour.
1 cup white flour.
1 cup blueberries.

Beat yolk of egg until thick and lemon colored; stir in sugar and add milk and cream (milk should be measured a little scant to allow for tablespoon of cream which should just fill the cup). Beat two minutes with Dover egg beater. Add the graham flour very gradually, then the white flour, and beat again until very light. Finally add the blueberries and fold in the white of the egg beaten until stiff. Use blueberries which are ripe but sound. Bake in hot buttered gem-pans in a moderately hot oven.

439. WHEAT MUFFINS.

2 cups milk.
2 eggs.
¼ teaspoon salt.
¼ yeast cake dissolved in 2 tablespoons warm water.
Flour.

Beat eggs, add the milk, dissolved yeast and salt; add flour enough to make a stiff batter; allow to rise 4 or 5 hours and bake in muffin-rings in a hot oven for 10 minutes.

440. GRAHAM MUFFINS.

Make as for Wheat Muffins, using graham flour and adding 2 tablespoons of New Orleans molasses. Graham muffins should be baked longer and a little more slowly.

441. CORN MUFFINS.

2 cups sifted Indian meal.
1 teaspoon butter.
2 cups milk.
⅛ teaspoon salt.
⅓ of a yeast cake dissolved in a little of the milk heated to lukewarm.
½ tablespoon molasses.

Sift meal, add milk very gradually, beat smooth, add melted butter, salt, the dissolved yeast and molasses. Mix late in the evening and allow to rise over night in a covered bowl. Bake in muffin-rings on a hot griddle, browning on both sides, by turning when half done with a broad knife or pancake turner.

442. GRAHAM GEMS.

1¼ cups graham flour.
1 cup white flour.
1 full cup sour milk.
¼ cup molasses.
1 teaspoon soda.
½ teaspoon salt.
1 tablespoon softened butter or 2 tablespoons rich cream.

Sift salt and the two kinds of flour together; dissolve soda in milk and stir in gradually; add molasses and shortening, beat smooth and bake in hot buttered gem-pans for 40 minutes in moderately hot oven.

443. CORN GEMS.

½ cup cornmeal.
1 cup white flour.
1 teaspoon soda.
1 tablespoon sugar.
1 tablespoon melted butter.
½ teaspoon salt.
⅞ cup sour milk.
1 egg.

Sift corn meal, flour, sugar and salt together; dissolve soda in sour milk and stir in gradually. Add well beat-

en egg and melted butter quickly and bake at once in hot buttered gem-pans, for 25 or 30 minutes.

444. GERMAN TOAST.

Make a thin batter allowing two well beaten eggs to a cup of milk and a pinch of salt. Cut stale bread into ½ inch slices, dip and turn quickly in batter, and fry to a golden brown in a "piping" hot iron frying pan well buttered. Serve on a hot platter, passing grape butter or peach marmalade with it.

445. FRENCH TOAST.

Prepare batter (see No. 425); cut bread into ½ inch slices and cut slices in two. Dip each piece in the batter and fry quickly in deep, hot fat. As soon as lightly browned, remove to coarse brown paper to absorb fat. Dredge with sifted powdered sugar and serve on a hot platter.

446. FRIED MUSH.

1 cup cornmeal.
3 cups boiling water.
½ teaspoon salt.

Make a mush as follows: into a kettle containing 3 cups briskly boiling salted water sprinkle slowly 1 cup of cornmeal. Stir constantly to prevent lumping and cook 5 minutes or until mush is quite thick. Pour into a small well buttered bread tin. For breakfast mush, this should be done the evening before. Tip out the brick of mush, cut into ½ inch slices and fry in deep fat, or fry in butter in a frying pan. Slices should be a handsome golden brown. Serve with maple syrup, as the last course for breakfast. This makes ten slices.

447. BUTTER CRACKERS.

Spread liberally with butter twelve square soda crackers or six old fashioned crackers, split open, allowing ¼ teaspoon of softened butter to each piece spread. If unsalted crackers are used, sprinkle lightly with salt. Crackers which are bought already salted will not need more. Lay into a large dripping pan and bake to a golden brown in a moderately hot oven. Serve hot. These are delicious with salad or for Sunday Evening Tea.

448. BUCKWHEAT GRIDDLE CAKES.

1¼ cups buckwheat flour.
¼ cup white flour.
½ teaspoon salt.
2½ cups buttermilk or thick sour milk.
1¼ teaspoons soda.
1 egg.

Sift buckwheat flour, white flour and salt together. Dissolve soda in buttermilk (or sour milk) and add very gradually, beating very smooth. Add well beaten egg and bake on a hot iron griddle greased with salt pork or beef drippings. When full of bubbles and lightly browned on one side, turn, using a broad knife or cake turner. These cakes are quite thin and may be made as small griddle cakes or if made large, may be buttered, sprinkled with sugar and rolled over a knife. Serve with new maple syrup or a fruit marmalade. Use buttermilk in preference to sour milk if convenient. This makes twelve or more large or thirty-six small cakes.

449. SOUR MILK GRIDDLE CAKES.

1¼ cups flour.
¼ teaspoon salt.
1 tablespoon sugar.
1 cup sour milk.
¾ teaspoon soda.
1 egg.

Sift flour, salt and sugar together; dissolve soda in sour milk and add gradually to the flour beating smooth; add well beaten egg. Bake on a greased, hot iron griddle making large cakes to be spread with butter and sugar, or small cakes to be served with maple syrup.

450. GRIDDLE CAKES WITH SWEET MILK.

1½ cups flour.
4 teaspoons baking powder.
½ teaspoon salt.
2 tablespoons sugar.
1½ cups milk.
1 egg.
1 tablespoon melted butter or 2 tablespoons rich cream.

Sift flour, baking powder, salt and sugar together; add milk very gradually beating smooth. Add well beaten egg and melted butter. Cook as directed for Buckwheat Cakes.

451. CORN GRIDDLE CAKES.

1 cup flour.
¼ cup cornmeal.
4 teaspoons baking powder.
¾ teaspoon salt.
2 tablespoons sugar.
1 cup boiling water.
¾ cup milk.
1 egg.
1 tablespoon melted butter.

Add salt to boiling water and while boiling briskly sprinkle in the cornmeal stirring constantly to prevent lumping; boil 5 minutes, turn into mixing bowl, add slowly the milk then the white flour, baking powder and sugar sifted together; add the well beaten egg and melted butter. Cook as directed for Buckwheat Cakes.

452. SWEET-CORN GRIDDLE CAKES.

Make a batter as directed for Sour Milk Griddle Cakes and add ½ cup of cold sweet corn cut from the cob. Scrape the cob well to include all sweet juices.

453. IDEAL DOUGHNUTS.

2 eggs.
1 cup sugar.
1 cup sour milk.
1 even teaspoon soda.
1 teaspoon salt.
½ teaspoon baking powder.
1 tablespoon rich sour cream or ½ tablespoon butter.
⅓ of a nutmeg grated.
3¾ cups flour.

Beat the eggs, add sugar gradually; dissolve soda in sour milk and add to the mixture; add nutmeg; stir in flour, salt, and baking powder sifted together. Doughnuts should be handled as soft as possible, never knead them. Sprinkle bread board with flour, take half of the dough and roll ¾ inch thickness. Cut out with doughnut cutter (a round cutter which makes a hole in the center). Fry in fat that just smokes, but is not hot enough to burn. Do not turn doughnuts until they have risen well, but do not allow them to crack open much as this mars their appearance. When well risen on one side, turn, brown lightly, turn again and when evenly browned, remove to coarse brown paper to drain. This makes 35 doughnuts.

454. GRANDMOTHER'S CREAM DOUGHNUTS.

1 cup sour cream.
1 cup light brown sugar.
2 eggs.
1 teaspoon soda.
¼ teaspoon salt.
3½ cups flour.

Beat the eggs, add sugar gradually, then the sour cream in which soda has been dissolved. Beat thoroughly and stir in flour sifted with salt. Handle as soft as possible; roll, cut and fry as directed for No. 453.

455. MOTHER'S PLAIN DOUGHNUTS.

2 cups flour.
2 even teaspoons baking powder.
1 scant teaspoon salt.
1 teaspoon butter.
Sweet milk.

Sift flour, baking powder and salt together into mixing bowl. Rub in butter with finger tips and stir in milk to make a dough as soft as can be handled (about two-thirds of a cup). Tip out upon floured board, roll into a strip 3 inches wide and ½ inch thick. Cut off strips ¾ inch wide, roll them out long, twist and fry to a light brown in deep fat. This makes 18 doughnuts, and is an excellent recipe for doughnuts to be eaten fresh with syrup or coffee.

456. RAISED DOUGHNUTS (PLAIN).

When making bread, take from the bread dough, which has been raised and is ready for the tins, enough to fill a pint basin; roll to half inch thickness, cut into half inch strips 6 inches long, twist and fry to a light brown in deep fat as for doughnuts. Serve hot for breakfast. This makes a dozen doughnuts.

457. CRULLERS.

Two coffee-cups sugar, one of sweet milk, three eggs, a heaping tablespoon butter, three teaspoons baking powder mixed with six cups flour, half a nutmeg, and a level teaspoon cinnamon. Beat eggs, sugar and butter together, add milk, spices and flour; put another cup flour on moulding board, turn the

dough out on it, and, handling lightly, work in flour until stiff enough to roll out to a quarter inch thick; cut into 2-inch squares, make three or four long incisions in each square, using a "cruller wheel," lift by taking alternate strips between the finger and thumb, drop into hot lard, and cook like doughnuts.

458. ROSETTE WAFERS.

2 eggs.
1 teaspoon sugar.
¼ teaspoon salt.
1 cup milk.
1 cup flour.

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Powdered sugar.

Beat eggs slightly with sugar and salt; add milk, then flour and beat until smooth. Batter should be quite thin. This amount makes 40 rosettes for which Swedish rosette irons are necessary. These rosettes make very nice foundations for patties, individual short cakes, creamed vegetables, etc. If served as a dessert, they may be sprinkled with powdered sugar. They keep well in a stone jar and may be used as needed in various ways.

459. SHORT CAKE CRUST.

2 cups flour.
1 teaspoon soda.
¾ cup sour milk.
2 tablespoons sour cream or 1 tablespoon melted butter.
½ teaspoon salt.

Sift flour and salt together; dissolve soda in sour milk, stir gradually into flour; add cream or butter. This should make a soft dough; if at all "pasty" add a little more flour by stirring; do not knead. Roll to ½ inch thickness and cut out with biscuit cutter. Spread on a buttered tin sheet or pan and bake in a moderately hot oven 15 minutes. Split open the biscuit, arrange on individual plates, laying on lower half and covering with sweetened berries. Then lay on second half turned upside down, and cover with the fruit. Dust with powdered sugar if desired or add a "cap" of whipped cream.

Or, dough may be shaped into two large biscuits to fit round cake tins and baked 20 minutes. Put together as directed for individual short cakes, using one biscuit for the lower half and the other for the top. Individual short cakes, however, are little trouble and more dainty. Strawberries, blackberries, blueberries, peaches, bananas, oranges, currants, steamed rhubarb or other fresh fruits may be used for short cakes.

Or, crust may be made like baking powder biscuits, with the addition of another tablespoon of butter worked into flour (see No. 436). A little more butter may also be worked in by spreading, folding and rolling as for puff paste, to make crust extra flaky.

460. SHORT CAKE FILLINGS.

Strawberries should be slightly crushed and covered with medium brown or maple sugar 20 minutes before time for serving. Spread fruit upon the crust when partially cooled.

Blackberries, blueberries, peaches and currants should be covered with white sugar and treated as above. Any extra juice may be served in a pitcher as a sauce.

Bananas and oranges may be sliced and combined, laying the fruit upon the crust and sprinkling with sugar. Serve with cream. Or, spread crusts with orange and cover with orange sauce (see No. 508).

Steamed rhubarb should be sweetened a little with medium light brown sugar and spread between and on top of biscuit. Whipped cream is particularly nice with rhubarb.

XXVIII

Sandwiches

461. MEAT SANDWICHES.

Almost any kind of cold meat is nice for sandwiches, either sliced, or chopped, seasoned, pressed, and made into a loaf to be sliced. Thinly cut bread and thinly sliced meat is the secret of dainty sandwiches. If for a picnic or traveler's luncheon, wrap each sandwich (and all other articles of food as well), in a bit of waxed paper and the lunch will come out fresh and

dainty, never "mussy." Tongue, boiled ham, cold roast beef or cold veal may be seasoned with a bit of French mustard spread thinly upon the meat. A crisp lettuce leaf improves almost any sandwich, whether filled with meat, nuts or cheese.

462. FRENCH MUSTARD.

1 tablespoon ground mustard.
½ teaspoon sugar.
½ teaspoon vinegar.
Hot water.

Stir sugar and mustard together, add the vinegar and rub smooth with back of a spoon. Add enough more hot water to make thin enough for spreading. The above proportions will be found agreeable. The quantity may be increased as desired.

463. PEANUT SANDWICHES.

Make Peanut Butter (see No. 267). Spread thinly cut slices of bread with the Peanut Butter, lay crisp lettuce leaves between, press the slices together and if large, cut into fourths.

464. PECAN SANDWICHES.

Use Pecan Nut Butter (see No. 270). Use crisp lettuce leaves and prepare as for Peanut Sandwiches.

465. SARDINE SANDWICHES.

Remove skin and bones from sardines, and mash to a paste. Mix with an equal quantity of yolks of hard boiled eggs, rubbed through a wire sieve. Season with salt, cayenne and a few drops of lemon juice. Moisten with olive oil or melted butter. Spread mixture between thin slices of buttered bread.—(FANNIE M. FARMER.)

466. BROWN BREAD SANDWICHES.

Butter thinly cut slices of Boston Brown Bread; spread with Neufchatel or Cottage Cheese, press the slices together and if large, cut into fourths.

467. COTTAGE CHEESE.

Use freshly soured milk, which has become thickened or "curdled." Heat gently until the liquid separates from the whey, but be careful not to boil it, as this hardens the whey and makes the cheese tough. When heated, strain through double cheese cloth or a napkin and drain well, squeezing slightly but not leaving the curd too dry. Turn into a bowl, season with softened butter, salt, a bit of pepper if liked, and a little rich sweet cream. Press into a bowl or mould and when cold, tip out and slice.

The above is best for sandwiches. If served separately as cheese, some like the addition of a little sage, well pulverized.

468. CHEESE SANDWICHES.

Cut bread very thin, removing the crusts; slices may be given a round shape with biscuit cutter. Spread one slice with a thick layer of grated American or Swiss cheese, sprinkle with salt and a dash of cayenne, press a second slice firmly upon this; prepare all slices as above and fry to a delicate brown in equal parts of hot lard and butter.

XXIX

Cereals

Cereals should form a part of the daily menu. Hot cereals for breakfast are best in winter; in summer they are better cold and should be served in smaller portions, as they are energy producers. Being easily digested, they are a desirable summer diet with milk, though rice, rolled wheat and the lighter varieties with little oat meal should be selected for warm weather. The heavier or coarser cereals, except in moderate portions, are too heating for summer.

469. CORN MEAL MUSH.

To make a smooth corn meal mush, sprinkle the meal from the hand into *vigorously* boiling salted water. Stir constantly while gradually adding the

meal; when nearly as thick as desired, remove to one side of range and allow to simmer gently for 20 minutes.

470. MACARONI.

Macaroni, spaghetti or vermicelli should be first thoroughly washed, then boiled in salted boiling water; never put them into cold water. Cook 20 or 30 minutes or until tender; drain and rinse with boiling water. Never add cold water to this class of cereals while cooking. Boiled in the above manner, they may be seasoned with butter or with butter and tomato sauce and served as a vegetable.

471. MACARONI WITH CHEESE.

Break macaroni into 1 inch lengths; boil as in No. 470. Drain and rinse in boiling water. For ¼ pound of macaroni have ready 2 tablespoons of melted butter, 4 ounces grated cheese, and a cup of bread or cracker crumbs. Butter a baking dish, cover the bottom with macaroni (or vermicelli), sprinkle with crumbs, a little melted butter, and about ¼ of the grated cheese. Sprinkle over a little salt; repeat as before, finishing with the grated cheese on top. Brown in a quick oven and serve hot in the baking dish.

472. MACARONI ITALIENNE.

The true Italian method of cooking macaroni, spaghetti or vermicelli is as follows:

Prepare the cereal by boiling in salted water as directed in No. 470; make a tomato sauce (see No. 165), having the latter quite thick and well seasoned and adding an extra piece of butter the size of a walnut. Add to the sauce 1½ teaspoons of beef extract. After draining the macaroni or spaghetti, turn into a deep dish, sprinkle with grated Swiss or American cheese, add a portion of the tomato sauce and beef juice mixture (the latter should be very hot in order to melt the cheese). Then add another layer of macaroni or spaghetti, more grated cheese and more sauce. Stir lightly with a fork so as not to break the cereal and continue adding macaroni or spaghetti and the sauce until all are well mixed. Keep it hot and serve at once with grated cheese on a side dish.

473. OATMEAL.

Steel cut oat meal is the most delicious, highly flavored form of this sustaining cereal. This is also less expensive than the prepared varieties. Keep the steel cut oatmeal in tightly closed glass jars. For breakfast porridge measure ⅔ cup of steel cut oatmeal, 2½ cups water, and an even teaspoon of salt, these being correct proportions for four or five persons. Put on the night before, in double boiler, and allow to simmer gently during the evening; remove to back of the range and allow to stand all night upon the back of the stove without boiling. In the morning set the double boiler forward; be sure there is plenty of water in the outer pan and allow to cook vigorously for 20 or 30 minutes.

474. BOILED RICE.

In order to boil rice and keep the kernels whole, wash a cup of rice thoroughly, until the water is clear; drain and add slowly 2½ quarts boiling water, to which a tablespoon of salt has been added. Be sure the water boils well before rice is added. Stir lightly with a fork, and allow to boil 25 or 30 minutes, or until kernels are tender and do not taste raw. If water boils away, add more *boiling* water. Keep the rice well covered with water. When tender, drain in a coarse wire strainer and carefully pour over it a quart and a half of boiling water to rinse off adhering starch. Return rice to the kettle in which it was cooked, cover the kettle and allow to stand where it will not scorch, until rice is well dried off. Kernels will be firm and distinct.

Boiled rice may be served as a vegetable either without seasoning, other than the salt, or it may be seasoned with plenty of melted butter, with tomato sauce, or a meat juice.

BOILED RICE FOR DESSERT.

If for dessert, add a cup of washed raisins to the rice 10 minutes before removing from the boiling liquid. In stirring in raisins, use a fork and stir lightly.

475. RICE BOILED IN MILK.

Milk may be used in place of water for boiled rice and is especially nice

when the rice is to be used as a dessert. If milk be used, cook the rice in a double boiler, but be sure that it is a large one. For a cup of rice use a quart and a half of milk (or 1 quart milk and 1 pint water) and when rice is tender, drain and return to double boiler to dry off. Raisins may be added 10 minutes before removing from the hot milk.

476. RICE ITALIENNE.

Boil rice as in No. 474. When rinsed with boiling water, return to kettle in which it was cooked and pour over it a sauce made of 4 tablespoons melted butter, 1 teaspoon beef extract and a dash of cayenne. Stir in the sauce as lightly as possible, using a fork in order not to break the rice. Cover and keep hot about 5 minutes, then serve.

477. WHEAT.

Wheat may be purchased in a variety of forms, nearly all of which are very palatable and nutritious. The old-fashioned cracked wheat is less expensive and quite as nutritious and palatable as any other way of serving. As a breakfast cereal for four or five persons, allow ¾ cup of cracked wheat to 2½ cups of water and 1 teaspoon of salt. Put into a double boiler the night before and cook the same as steel cut oatmeal (see No. 473). Cracked wheat and steel cut oatmeal cannot be cooked too much and are quite as good when reheated.

XXX

Eggs

478. BAKED OR SHIRRED.

Use small cups or ramekin dishes which will bear oven heat and in which eggs may be sent to the table. Set the dishes in a shallow pan and heat in the oven. Into each hot dish, drop ¼ teaspoon of butter, which should at once melt and bubble; break one or two fresh eggs into each dish, sprinkle with salt and pepper and return to the oven for 5 minutes.

When the white is nearly set, the egg is done. The heat of the dish will complete the cooking by the time it reaches the table. A small saucer or ramekin plate under each hot dish will protect the table.

479. BOILED EGGS.

As mentioned in Chapter III, eggs being largely albuminous should be cooked at a low temperature and should not be cooked too hard. If cooked hard at all, eggs should be cooked very hard (about 20 minutes), when the yolks will be "mealy."

Soft boiled eggs may be dropped into boiling water and boiled from 2½ to 4 minutes as preferred; they are more digestible, however, when dropped into boiling water, then removed at once to a part of the range where they will not boil and allowed to stand from 5 to 8 minutes. When thus cooked, for 6 minutes, they are like eggs cooked 3 minutes in boiling water; 8 minutes by this method is equivalent to cooking four minutes in water which boils continually.

480. FRIED EGGS.

Eggs may be fried in butter, pork or ham fat, or in clarified beef drippings. They should be fried two at a time in frying pan which contains four or five tablespoons of fat; break the eggs carefully into the pan at one side, tip the pan up slightly and pour the fat gently over the tops of eggs, using a spoon, until the white is nearly set, and the yolks covered with a white film. Eggs thus fried are best and are about like 3 minute boiled eggs.

481. PLAIN OMELET.

Allow one egg for each person, and one extra; separate yolks from whites, beat the yolks until thick and lemon colored, and the whites until stiff and dry, adding ½ teaspoon of salt to each four whites, before beating, and a little pepper to the yolks; also add to the yolks a scant tablespoon of boiling hot water for each egg. Mix 15 minutes before serving, adding the stiffly beaten whites just before pouring into a smoking hot and well buttered cast

iron frying pan of good size. Allow to cook over moderate heat for about 10 minutes, covering the pan with a tin cover. When omelet is well set and firm, tip the pan slightly, loosen the omelet with a knife and, with a cake turner or broad knife, turn one-half over the other. Slip the turner slightly under the folded edge, and let it rest against side of pan to hold omelet in place. Set the pan in the oven for five minutes, then serve immediately upon a hot platter.

482. FRENCH OMELET.

4 eggs.
4 tablespoons milk.
½ teaspoon salt.
⅛ teaspoon pepper.
2 tablespoons butter.

Beat eggs slightly, just enough to blend yolks and whites, add the milk and seasonings. Put butter in hot omelet pan; when melted turn in the mixture; as it cooks, prick and pick up with a fork, until the whole is of a creamy consistency. Place on hot part of range that it may brown quickly underneath; fold and turn upon a hot platter.—(FANNIE M. FARMER.)

483. JELLY OMELET.

Currant or grape jelly may be spread lightly upon half of a plain or French omelet just before folding.

484. MEAT OMELET.

Chopped ham, veal, beef or other meat, seasoned with pepper and salt and a bit of melted butter, may be piled lightly at one side of the center of a plain or French omelet just before folding; or the meat may be beaten quickly into the omelet just before pouring into the pan.

485. NUT OMELET.

Chopped nuts (pecans or peanuts preferred) may be used instead of chopped meat and may be combined with jelly if desired, being spread lightly upon the omelet just before folding.

486. POACHED EGGS.

Break fresh eggs carefully into a frying pan containing *boiling* water, about one inch deep. When the white is set, and the yolk is covered with a film, the egg is done.

Egg poachers which hold the egg in place and from which the egg may easily be slipped off, are a convenience and keep the egg in better form. If the egg poacher is not used, remove the egg as carefully as possible, using a large spoon or a cake turner.

Serve poached eggs upon individual portions of hash or upon well buttered toast; sprinkle with pepper, salt and add a bit of butter while the egg is hot.

487. SCRAMBLED EGGS.

For each four eggs, allow a scant half cup of milk, ¼ teaspoon of salt, and a little pepper. Beat eggs 12 or 15 strokes with a fork, add the milk, salt and pepper. Pour into a hot frying pan containing a tablespoon of butter and a tablespoon of clarified beef drippings (or two of butter). Stir eggs constantly and as soon as thickened, they are done. If heated further, they will lose their creamy consistency and the liquid will separate from them.

Scrambled eggs may be served upon toast with bacon and in various ways. They are nice with asparagus tips.

XXXI

Beverages

488. CHOCOLATE.

2 ounces bitter chocolate.
4 tablespoons sugar.
1 cup boiling water.
3 cups milk.
A few grains of salt or ¼ teaspoon vanilla if liked.

Scald the milk; melt chocolate in a small sauce pan held over hot water; stir in sugar and add hot water gradually, beating smooth. Add a few spoons of the hot milk, beat well and pour the chocolate mixture into remaining scalded milk. Heat about 5 minutes while stirring and beating. Pour into chocolate pot and serve with whipped cream.

489. PREPARED COCOA.

For each cup of milk allow 1 even teaspoon of prepared cocoa and 1½ teaspoons sugar. Scald the milk; mix sugar and cocoa and stir to a smooth paste with a few spoons of the hot milk added gradually; pour the paste slowly into remaining milk and allow to just come to a boil.

⅓ or ½ water may be used.

Cocoa may be flavored with a little vanilla if desired, and some add a few grains of salt.

For rich cocoa use all milk and a rounding or a heaping teaspoon of cocoa and 2 teaspoons of sugar for each cup of milk.

490. COCOA SHELLS.

Cocoa shells and cracked cocoa make very wholesome beverages and for daily use are more desirable than ground cocoa, chocolate or coffee. The shells need to be cooked from 2 to 3 hours and for breakfast should be partially cooked the evening before. Allow 1 cup of shells to 6 or 8 cups of water and boil gently.

The cracked cocoa needs to be cooked nearly as long, allowing ½ cup to 6 cups of water. Strain and serve in a coffee or cocoa pot, and serve with milk and sugar.

491. BOILED COFFEE.

Coffee should always be purchased in small quantities and is best when home ground each morning.

Boiled coffee is best when clarified with egg. One egg will clarify coffee for two or three persons for three mornings. Break a small hole in small end of egg and take about ⅓ of it. Set remaining egg in an upright position in a cool place for the second and third morning. Crush the shell and use it with the third portion; or, break the egg into a cup, beat slightly and add a tablespoon of cold water; use this mixture for 3 or 4 mornings.

Boiled coffee may be made with either cold or hot water.

With Cold Water.—Allow a heaping tablespoon of medium ground coffee for each cup desired and "one for the pot," stir coffee and egg together in coffee pot. Add a cup of cold water, stir well again, then add ¾ cup boiling water for each heaping spoon of coffee and boil 8 or 10 minutes. Add ¼ cup cold water, allow to stand 2 minutes where it will not boil, and serve immediately. If poured into another pot, be sure to *warm* the second pot, by rinsing with hot water, and be sure cups have been in the warming oven. Follow directions carefully and be sure all utensils are perfectly clean.

Vienna or "German" coffee is one way of serving either boiled or drip coffee. For Vienna coffee, fill warmed cup nearly ⅓ full of milk which has been scalded to boiling point, then fill cup with coffee and cap with a tablespoon of stiffly whipped cream.

492. DRIP COFFEE.

For Drip or French coffee have the coffee pulverized and use a close grained, strong cloth strainer. Fit the strainer into place; use an even or heaping tablespoon of the pulverized coffee (according to strength desired) for each cup of boiling water; pour the water over the coffee and cover, following directions, according to the style of pot used; as soon as it has dripped it is ready to serve.

493. TEA.

There is but one way to make tea, and each detail should be carefully observed each and every time. Have *freshly* boiled water; just before the water boils, fill the tea pot from the kettle; when pot is heated through, pour water from it and, leaving the cover off, set it upon the back of the stove to dry out; just as the water in tea kettle boils, put tea into the pot, allowing an even teaspoon of tea for each cup of water (or vary as desired). Allow to stand in a warm place where it will *not boil* about 5 minutes; when thus infused, serve at once. If made at the table, cover tea pot with a well padded cozy while tea is infused.

It seems needless to say that both tea and coffee pot should be *thoroughly* cleansed, rinsed, dried and aired immediately after each using. The custom of allowing tea or coffee to stand in the pot, adding more when more is needed, is not only unwholesome but poisonous.

494. ICED COFFEE.

Make a strong coffee, dilute with cold water as desired and add ice, or better, set into the ice box for several

hours; serve with cream and sugar, or clear with a slice of lemon in each glass.

495. ICED TEA.

Make strong tea, dilute as desired with cold water, chill in ice box, or by adding ice, and serve with a ¼ inch slice of lemon to each glass. English Breakfast tea (preferably Monsoon) is best for serving cold.

496. GINGER PUNCH.

1 quart cold water.
1 cup sugar.
½ pound preserved Canton ginger.
½ cup orange juice.
½ cup lemon juice.

Chop ginger, add to water and sugar, and boil 15 minutes; add fruit juice, cool, strain and dilute with crushed ice.—(FANNIE M. FARMER.)

497. GRAPE JUICE.

There is nothing more refreshing or more wholesome as a cooling summer beverage, than unfermented grape juice (see No. 553). About ⅓ of a glass of grape juice to ⅔ of a glass of water is the usual strength.

498. LEMONADE.

3 large lemons.
½ pound loaf sugar.
1 pint boiling water.
Cold water about 1 quart.

Wipe the lemons and rub the loaf sugar over the rinds to extract the lemon "zest." Cut lemons and squeeze juice upon the sugar; cut what remains of the lemons into slices and pour upon them the boiling water; when this has cooled, strain it upon the juice and sugar and add cold water until of the strength desired (about 1 quart will probably be correct). Chill and serve.

The juice from preserved blue plums, red raspberries, cherries or currants, or a little curant jelly, grape juice or fruit syrup (see Nos. 553 to 557) gives a pleasant variety.

499. COFFEE LEMONADE.

Coffee saved from the breakfast pot may be strained and used instead of water, or with water, in making lemonade.

500. RHUBARB PUNCH.

Pour 1 quart of boiling water upon 3 cups of rhubarb which has been washed, stripped and cut into one inch pieces. Allow to stand until cool, then crush with potato masher, strain, add cold water as desired, the juice of one lemon, a little ground ginger and a little sugar. Chill and serve. This is a very wholesome, refreshing summer beverage.

501. VINEGAR WATER.

Three or four tablespoons vinegar to a quart of water, ¼ teaspoon of ground ginger and 4 tablespoons of sugar, chilled, is a pleasant and wholesome summer drink.

502. OATMEAL PUNCH.

This is a wholesome, nourishing beverage and may be served cold in summer or hot in winter. Use ¼ pound of steel cut oatmeal or rolled oats, and boil 3 hours in 3 quarts of water; if too thick when thoroughly cooked, add more water; sweeten with 1½ ounces light brown sugar. Do not strain, but stir before drinking.

XXXII

Fruits

For health use more—best for breakfast.

503. WAYS OF SERVING.

Fresh fruits, the larger sliced, sometimes sprinkled with sugar, chilled and allowed to stand half an hour before serving, are always wholesome desserts. Cream, whipped or plain, and a plain cake are acceptable additions when served for dessert.

Almost any fruit combines with boiled rice or tapioca to make attractive and palatable desserts, usually served with cream (see No. 334).

504. BANANA SALAD.

Strip the skins from bananas and arrange individual salads by laying bananas (either whole or cut in halves lengthwise) upon lettuce leaves. Drop a tablespoon of Mayonnaise or Boiled Dressing upon each banana.

505. BANANA AND ORANGE SALAD.

Peel and slice oranges; peel bananas, cut into halves lengthwise, and divide across into fourths. Thoroughly chill the fruit; arrange a circle of orange slices overlapping each other upon lettuce leaves, arrange the four pieces of banana in the center of orange slices and add a tablespoon of Mayonnaise or Boiled Salad dressing.

506. APPLE AND NUT SALAD.

Pare apples and cut into ¼ inch dice; break pecan nut meats into eighths, allowing ½ cup of meats to a cup of apple dice; mix apple and nuts and for each cup and a half of the mixture allow 2 tablespoons of Mayonnaise or Boiled Salad Dressing, stirring lightly with a fork; arrange in a mound upon lettuce leaves, pour a little Mayonnaise upon the top and serve more, separately.

507. ORANGE AND PINEAPPLE SALAD.

Use equal parts of seeded oranges, cut into small pieces, the white part being carefully removed and sliced and drained pineapple (if in winter canned pineapple may be used). Cover with Orange Dressing to which, while still hot enough to stiffen it, the well beaten white of one egg has been added. When thoroughly cold, serve in the halves of orange peel with a garnish of green. If preferred, one-third sliced banana may be used with the orange and pineapple.—(Mrs. E. E. Kellogg, A. M.)

508. ORANGE DRESSING.

1 cup orange juice.
1 tablespoon lemon juice.
Sugar.
1 tablespoon cornstarch.

Heat the juice to boiling and thicken with 1 tablespoon of cornstarch. Sweeten with 1 to 3 tablespoons sugar, according to acidity of fruit. If it is preferred not to boil the orange juice, the cornstarch may be cooked in ½ cup of water and while still hot enough to mingle well, the orange and lemon juice is added. Beat the sauce thoroughly that it may be smooth; otherwise it must be strained. Thickening may be omitted if preferred.

XXXIII

Cooked Fruits

509. BAKED APPLES.

Select apples of uniform size, without blemishes if possible. Either quite tart or "sweet" apples are best for baking. Wipe and core, arrange in shallow pan, fill centers with light brown sugar mixed with a little cinnamon or nutmeg if liked. Pour a *very little* boiling water into bottom of pan and bake in a moderate oven until tender.

510. APPLES IN SYRUP.

Make a syrup by boiling equal parts of sugar and water, allowing a cup of sugar and a cup of water to six medium sized apples. Cook syrup 6 or 7 minutes in a sauce pan large enough to allow apples to rest side by side on bottom of dish; pare and core apples and put at once into the syrup. Cook until just tender. Have syrup in a small sized dish, if possible, that apples may be well covered. Use remaining syrup as a sauce to pour around the fruit. Blanched almonds, cut into halves lengthwise, and thrust half way into sides of apples are attractive and palatable.

511. APPLES IN GRAPE JUICE.

Cook gently 2 cups of grape juice and a cup of sugar. When reduced one-third, pare and core six medium sized apples and cook very slowly in the grape juice until just tender. Serve apples cold in a glass dish, using syrup as a sauce; boil the latter a trifle more if not thick enough. Garnish with whipped cream if desired.

512. LEMON APPLES.

Pare and core tart apples of medium size; fill centers with ½ cup sugar, mixed with the grated yellow rind of a lemon. Squeeze juice of the lemon over tops of apples and bake until just tender. Serve with whipped cream if desired.

513. LEMON APPLE SAUCE.

Pare, core and quarter apples (six or eight) and cook in a syrup made of 2 cups of sugar, 2 cups of water and the grated yellow rind of half a lemon. Cook syrup 7 or 8 minutes before putting in the apples. Cook pieces of apple a few at a time and skim out as soon as tender. Pour syrup over apples; cool and serve.

514. SPICED APPLE SAUCE.

Pare, core and quarter six or eight apples, cover in a sauce pan with a cup of light brown sugar, add a teaspoon of ground cinnamon or a few small pieces of stick cinnamon and cook until apples are soft. Stir, cool and serve.

Six or eight cloves may be added instead of the cinnamon if preferred.

515. STEWED APRICOTS.

Pare and quarter apricots and cook five minutes in a syrup made as for Lemon Apple Sauce, omitting the lemon.

BAKED BANANAS.

(See Nos. 297 and 298.)

516. CRANBERRY JELLY.

Cook one quart of cranberries in one cup of boiling water 10 minutes or until berries burst; press through a coarse wire strainer and while hot, add 2 cups of sugar. Stir until sugar is thoroughly dissolved, reheating slightly if necessary, but do not boil again. Chill in moulds.

517. CRANBERRY SAUCE.

Cook 2 cups of cranberries and 2 cups of boiling water 5 or 6 minutes after they begin to boil; add a cup and a half of sugar, allow to boil up and cool at once; do not boil long.

518. BAKED PEARS.

Wipe small, sound pears, or, if large, cut into halves and remove core. Cover pears with light brown sugar in a shallow pan; add a very small quantity of hot water and bake in a moderate oven until tender (from 1 to 3 hours).

519. STEWED PRUNES.

Wash prunes, and soak several hours in cold water to cover. Cook slowly in water in which they were soaked, adding a tablespoon of sugar for each cup of prunes; when tender, add a few slices of lemon, cook 15 minutes longer, cool and serve, preferably as the first course for breakfast.

520. STEAMED RHUBARB.

Strip rhubarb and cut into ½ inch lengths, put into a wire basket or colander set into a deep plate and steam until rhubarb is tender. Remove rhubarb to a deep bowl, sprinkle over ½ cup of light brown sugar, to a quart of rhubarb, pour over the juice which has dripped into deep plate, cool and serve as a sauce, preferably for breakfast.

BAKED RHUBARB.

(See No. 300.)

XXXIV

Canning and Preserving

521. GENERAL DIRECTIONS.

For canning or preserving, use only sound fruit which has just barely ripened, never over ripe, and not green, unless green fruit be called for.

In paring fruit, use a silver knife; dividing and stoning can be done best before paring.

Fruit should be cooked enough to destroy germs, but not enough to destroy the natural fruit flavor or to give

a mushy appearance; steaming the fruit in jars, and then adding the syrup is usually to be preferred.

Jars, covers and rubbers should be thoroughly sterilized. Put jars into a large pot or wash boiler containing cold water to cover. This should be done an hour or more before ready to put fruit into jars. When water has boiled a few moments, set boiler upon back of range and cover. Then put on syrup to cook, and jars will be thoroughly sterilized when ready for use. Ten minutes before needed, put covers of jars into a kettle, cover with hot water and allow to come to a boil. Hold each cover to the light and discard any that show "pin holes." Jars with glass or porcelain lined covers are best.

Dip each rubber into boiling water before putting upon the jar.

When syrup and fruit are ready, have a large deep pan (bread or dish pan) conveniently placed; have ready plenty of clean linen cloths; when a jar is to be filled, remove from the boiling hot water, using a long handled knife or a clean stick, dip a cloth into the boiling water and drop into bottom of pan; dip another in the boiling water and wrap around the hot jar which has been set upon the first hot cloth; see that the cloth covers jar entirely; use a wide mouthed funnel and pour syrup or fruit and syrup through funnel into center of jar; use a long silver knife for pressing fruit away from the sides of jar to allow escape of air bubbles; see that jar is filled *full;* wipe seeds or fruit from outside of top; dip rubber in hot water, slip it into place and screw on quickly the sterilized cover. Set jars where no draft of air can strike them. When cool, tighten the covers and turn jars upside down. After several hours, tighten covers again if not perfectly tight, and dip tops of jars in melted paraffine, covering well the rubbers and edges of covers. This often prevents entrance of air resulting from imperfect covers or subsequent pin holes.

If above precautions are taken, most fruit will keep almost indefinitely. Canned fruit should be kept in a dark closet where the temperature is moderately cool and as even as possible.

522. TO STEAM FRUIT.

Steaming fruit in the cans and then adding syrup, if thoroughly done, destroys germs efficiently, keeps the fruit tender and preserves natural flavors and is therefore preferred by many. The fruit is quite as easily handled in this way as in any other.

To steam the fruit, berries should be carefully picked over and should be firm and just ripe; peaches should be cut in halves, stoned and pared, filling the sterilized jars as fast as the fruit is prepared to prevent action of air upon it; cherries may be pitted, also plums. The stones of cherries, peaches, etc., should be cooked in the syrup, then skimmed out to add piquancy to the flavor.

Fill the sterilized jars with fruit, shaking down well and packing as full as possible without crushing; screw on covers lightly to keep out water, but do not screw tight or put on rubbers; set jars into wash boiler or large pots, having a grate, inverted plates, sticks or some protection in the bottom to prevent jars from breaking; leave an inch between jars (small blocks of wood placed between the jars is a help as they may then be packed firmly, yet without any pressure). Fill boiler or pot with warm water (not hot) nearly to tops of jars. Allow water to come to a boil and cook for ten minutes or until fruit is certainly well heated through at the boiling temperature. Then remove jars from water, set into pan upon a hot cloth, wrap a hot cloth around the jar, remove cover, fill the jar with syrup prepared as directed for each fruit; press fruit away from sides with silver knife to allow air bubbles to escape; see that jar is filled heaping full. Dip rubber in boiling water, slip into place and screw on sterilized cover. Wipe and set aside, away from drafts.

523. SYRUP FOR CANNING.

A syrup suitable for canning nearly any fruit is made as follows:—Weigh the fruit before cooking; take sugar to equal one-third the weight of the fruit, put into a large porcelain or porcelain lined kettle, allowing 2 or 2½ cups of hot water to each pound of sugar, according to amount of fruit juice. Stir slightly to start dissolving of sugar and cook ten minutes after the syrup boils. It is then ready for use, either for pouring into jars filled with steamed fruit, or for receiving fruit which is to be cooked in it, if the latter method is to be followed.

524. COOKING IN SYRUP.

If preferred to cook fruit in the syrup rather than to steam in the jars as described in No. 522, cook the fruit 15 minutes in the syrup. Do not cook all the fruit at once, but put in only two or three quarts at a time. When cooked, take a sterilized jar and wrap in a hot cloth as described in No. 521; dip up fruit with a porcelain dipper, taking as little juice as possible; pour through wide mouthed funnel into jar and proceed until jar is full of fruit; use silver knife and press fruit back from side of jar to let out air bubbles; see that jar is made heaping full, by adding a little more syrup; wipe away any seeds or bits of fruit from outside of top, slip sterilized rubber into place, quickly screw on cover, wipe jar and set aside away from drafts.

Quinces, pears or any hard fruit may be partly cooked in boiling water before cooking in the syrup if desired. Pineapple, however, should be cooked only in the syrup, 15 or 20 minutes being sufficient if the pineapple is just ripe. Previous cooking in boiling water causes too much loss of juice and flavor.

In canning cherries or peaches by this method, put the stones into sugar and water while syrup is cooking. Skim out the stones before adding fruit.

Berries need only to be thoroughly heated through (8 or 10 minutes); handle and cook as carefully as possible to prevent crushing.

It is better to overcook than undercook so far as keeping is concerned; the only danger in overcooking is that fruit becomes too much broken for good appearance.

525. CANNED BLUEBERRIES.

Carefully pick over berries and wash by holding in a colander under running water. Fill sterilized jars and steam as directed in No. 522. Shake down and have jars as full as possible. Cook 10 minutes after water boils, then fill with syrup as directed in No. 521.

526. CANNED BLUEBERRIES WITHOUT SYRUP.

Fill sterilized jars with blueberries and while filling, sprinkle in sugar, allowing ½ cup of sugar to each quart of berries. Be sure to shake down well and have jar heaping full. Put on rubbers and covers (not screwed tight), set into boiler, and steam as directed in No. 522. Cook after water boils until sugar has dissolved and juice is drawn out enough to form a syrup. Remove from kettle, screw covers on tight without uncovering, wipe jars and turn upside down to cool. When cooled, be sure covers are tight and dip tops of jars into a dish of melted paraffine. Be sure to dip beyond edges of covers and rubbers.

527. CANNED BLACKBERRIES.

Follow directions as given for blueberries in Nos. 525 or 526.

528. CANNED RASPBERRIES.

For either red or black raspberries follow directions in Nos. 525 or 526, or pick over berries, weigh, make a syrup, cook and can as directed in No. 524.

529. CANNED GOOSEBERRIES.

Gooseberries may be canned like blueberries, see Nos. 525 and 526. Allow a cup of sugar to each quart of gooseberries.

530. CANNED CHERRIES.

The large white or dark cherries may be used but large "sour" cherries have the best flavor. Stem the cherries, wash by holding in colander under running water, and can as directed in No. 524. If cherries are pitted, cook stones with the syrup, then skim out before adding fruit.

531. CANNED PEACHES.

Cut in halves, remove stones, pare and weigh. Follow directions as in Nos. 521 or 524.

532. CANNED PEARS.

Select pears which are just ripe, but perfectly sound, not soft. Using a silver knife, cut into fourths, core and pare, then weigh and cover with cold water to prevent discoloration while filling jars. Cook in syrup as directed in No. 524, handling fruit as carefully as possible. Cook until pears look clear and are tender, dip out fruit and fill

sterilized jars, first putting in a very little syrup, then packing jars with the fruit; when no more fruit can be added, fill the jar to overflowing with syrup. Cover, cool, etc., as directed in No. 521. If pears are of a hard variety, they should be first steamed until nearly tender before putting into the hot syrup. If pears are very sweet or not very highly flavored, add the juice of half a lemon to each quart of syrup.

533. CANNED PINEAPPLE.

Select pineapples at the height of their season, having them just ripe. Pare and remove "eyes," cut into ½ inch slices, then into ½ inch dice; weigh, make a syrup and can as directed in No. 524.

534. CANNED RHUBARB.

Have the rhubarb freshly gathered. Strip off outer skin and cut into 1 inch lengths; fill perfectly clean glass jars with the cut rhubarb, shaking down and packing well; set the jars one by one into a stream of running water, allowing the water to run into each jar for 20 minutes; do not have force of water too great as that causes bubbles. At the end of 20 minutes, slip in knife and drive out bubbles; see that jar is filled to overflowing with water, put on a new rubber, screw on a perfectly clean cover, seal by dipping into melted paraffine. Rhubarb thus canned keeps the garden flavor and may be used all winter the same as fresh rhubarb.

535. CANNED TOMATOES.

Freshly gathered tomatoes *just ripe* but not at all soft, should be selected for canning. Skin the tomatoes by pouring over boiling water and drop into cold water for a few moments when skins are removed. Cut tomatoes into fourths and allow to stand 20 or 30 minutes in a porcelain kettle until a large portion of the juice has drained off. Then pack carefully in perfect, thoroughly cleansed glass jars. Allow to stand another half hour, tip up jars and drain out as much juice as possible, adding a few more pieces of drained tomatoes to fill the jars. Screw tops in place, omitting rubbers, and pack the jars into a large pot or boiler with racks underneath. Do not allow the jars to touch each other; small blocks of wood between will be convenient. Fill boiler nearly to tops of jars with cold water, heat and allow to boil for two hours; remove jars from boiler, take off covers, put on rubbers which have been dipped in boiling water, replace covers immediately and screw tight. Cool, tighten covers again and seal with paraffine.

536. DAMSON PLUMS.

Select sound, ripe Damsons, wash, drain and weigh. Allow ¾ pound of sugar to each pound of plums and make a syrup by bringing sugar to a boil with water, allowing a cup of water to each pound of sugar. Divide the syrup in two kettles, keeping one back a little. When syrup boils, skim and add part of the plums which have been pricked twice with a steel fork. Cook until plums are tender, pack sterilized jars nearly full of fruit, fill to overflowing with the syrup, put rubbers in place, cover, cool and seal as directed in No. 521. Continue cooking plums a few at a time, bringing forward the second kettle of syrup when needed. (Any extra syrup may be canned the same as fruit and kept for lemonade, fruit sauces, etc.)

537. PRESERVED STRAWBERRIES.

Select rich berries which are just ripe ad sound; do not use imperfect fruit. Hull and wash the berries, weigh and fill sterilized jars. Have ready a syrup made by allowing ¾ pound of sugar to each pound of berries and a cup of water to each pound of sugar. When syrup has boiled 15 minutes, skim and pour over fruit in the jars, until jars are brimming full. Allow to stand uncovered for 15 minutes. Then add more berries, fill jars as full as possible as the fruit shrinks when syrup is added. Having added more fruit until jars are overflowing, put in place rubbers which have been dipped in boiling water, screw on sterilized covers and arrange jars of fruit in a large pot or boiler with racks or plates under the jars. Fill boiler to tops of jars with cold water, and allow to heat until nearly boiling hot. Keep just below boiling point for an hour, remove jars, wipe, set aside where no draft can strike them. When cool, tighten covers and seal with paraffine.

538. TOMATO PRESERVE.

For each pound of yellow pear tomatoes, allow one pound of sugar, 2 ounces preserved Canton ginger and 2 small lemons (or one large). Skin tomatoes by pouring on hot water, cover with sugar in an earthen or porcelain bowl and allow to stand over night. In the morning pour off syrup, remove tomatoes to another dish, scrape out sugar which has settled at the bottom, adding to syrup. Boil syrup until quite thick, skim, add tomatoes, ginger and lemons which have been wiped and cut into ⅛ inch half slices (remove seeds from lemons). Cook all until tomatoes look somewhat clear, then fill sterilized jars, put in place rubbers dipped in hot water, screw on sterilized covers; cool, tighten covers and seal with paraffine.

539. CITRON PRESERVES.

Pare off rinds, seed, cut into thin slices 2 inches long, weigh, and put into preserving kettle with water to cover. Boil one hour, take out the melon and to the water in kettle add as much sugar as there is melon by weight; boil until quite thick, replace melon, add lemons sliced and seeded, allowing 2 for each pound of fruit; boil 20 minutes, skim out fruit and continue boiling syrup until it is quite thick; have fruit packed into sterilized jars, pour the syrup over it, cover and seal.

540. PRESERVED WATER MELON RIND.

Trim away red center, wash, cut and prepare water melon rind as directed for Preserved Citron.

541. BARBERRY PRESERVES.

One pound sugar and 1 cup water to each pound of barberries which have been stemmed and washed. Cook until syrup is quite thick (about 2 hours) and seal in sterilized jars as directed for canned fruits. Very nice with meats.

542. BLACK CURRANT PRESERVE.

Stem, pick off the dry blossoms and wash black currants. For each pound of fruit add 1 pound of sugar and ½ cup of raspberry juice (squeezed from fresh raspberries); boil together in a porcelain kettle for 10 or 15 minutes after boiling begins; stir to dissolve sugar. Fill sterilized fruit jars, cover and seal as directed for canning.

XXXV

Jellies and Marmalades

543. DIRECTIONS FOR MAKING JELLY.

Use freshly gathered fruit which is just barely ripe. Fruit that is the least bit overripe will not make good jelly. Reject worm-eaten or unsound fruit.

One or two jelly bags will be needed and should be made from coarse cotton and wool flannel or coarse, strong linen crash. Sew up a three-cornered piece, cornucopia shape, rounding bag at the bottom and trimming off the point; turn and sew again. Hem the top and run in a strong wire to keep bag open, also attach 3 or 4 loops by which bag may be hung above a dish.

Bag should be wrung out in hot water before putting in fruit to drip; the latter should be added a small quantity at a time. Work it through with a spoon and squeeze juice from pulp unless particularly clear jelly is desired. In the latter case, allow to drip without squeezing. For economy, two grades of jelly may be made, clear jelly being from juice allowed to drip without squeezing, and a second grade may be made from juice obtained by squeezing out all that can be obtained from remaining pulp. Strain a small quantity at a time and remove pulp from bag before adding more.

Jelly is nicer when juices are cooked first, separate from the sugar. Crush fruit thoroughly in porcelain kettle, using potato masher. Boil 3 or 4 quarts or less at a time in a wide, open kettle before adding the sugar. Cook unsweetened juice about 20 minutes from the time it bubbles well. It

should thicken when a drop is placed upon a cool plate. While juice is heating, spread sugar in shallow pans, allowing a scant cup of sugar for each cup of juice which was measured before boiling. Set pans of sugar into oven, leaving the door partly open.

When juice has boiled 20 minutes, stir in sugar (which should be too hot to be held in the hand with comfort). Stir quickly until sugar has dissolved, then boil 3 or 4 minutes and remove at once from the fire. Have ready sterilized glasses and covers (or clean white or brown papers cut for covers, also paper discs cut to just fit inside tops of jars). Take glasses one by one from boiling hot water, stand upon a cloth wrung out in hot water; fill glasses, straining jelly into them through a cheese cloth wrung out in hot water if extra clear jelly is desired.

Dip the discs of paper into brandy and lay upon top of jelly. Cover the glasses (if with paper seal it thoroughly with mucilage) and when cool, paint over the covers with melted paraffine.

If jelly is not firm when first made, set it in the sun for several days.

544. CURRANT JELLY.

Follow directions in No. 543.

545. CURRANT AND RASPBERRY JELLY.

Use equal parts of currants and raspberries, following directions in No. 543.

546. RASPBERRY JELLY.

Follow directions in No. 543 and take special care that the raspberries are just ripe, but not at all soft. Raspberry jelly is better for the addition of a little currant.

547. BLACK RASPBERRY JELLY.

Follow directions in No. 543.

548. GRAPE JELLY.

Pick over, wash and stem Concord grapes which are nearly, but not quite ripe (wild grapes are better if available). Put into large double boiler, heat to scalding hot, crush and continue to heat for 15 minutes, then proceed as in No. 543.

549. GREEN GRAPE JELLY.

Proceed as for Grape Jelly, using grapes which are just beginning to ripen. For green grape jelly allow one-half more sugar than regular rule (see 543).

550. PEACH MARMALADE.

Select ripe, well flavored fruit. Peach marmalade should be made when canning peaches, using for the marmalade those which are too soft for canning. Put into a porcelain kettle 1 quart of water and boil the stones in it for 20 minutes; then add the peaches quartered and a little more water if needed (water should half cover the fruit). Boil fruit 30 minutes in the water, stirring almost constantly from the time peaches begin to be tender. Add sugar in proportion to ¾ of a pound for 1 pound of fruit which was measured before cooking. Continue to boil and stir for an hour or more and put up in sterilized jelly or fruit jars, covering with brandied paper and sealing with paraffine as for jellies.

551. GRAPE BUTTER.

Grape butter or marmalade may be made from the pulp left after making grape juice (see No. 553). Weigh the pulp and skins, add 1 pound of sugar to each pound of fruit and boil 45 to 60 minutes in a porcelain kettle, stirring constantly. When quite thick, press through a coarse wire strainer, put into jars as directed for jellies.

552. ORANGE AND RHUBARB MARMALADE.

Select tart, heavy, smooth skinned oranges. Peel in fourths and cook until soft in boiling water to cover. Drain, scrape out the white portion of peel and cut the yellow part into thin strips by laying several pieces together and slicing with a sharp knife. Remove adhering white skin from the peeled oranges, divide into sections and remove seeds. Put into a porcelain kettle and for each good sized orange allow 1 cup of rhubarb which has been stripped and cut into ½ inch lengths. For each orange and cup of rhubarb add 1½ cups of sugar and a tablespoon of lemon juice. Heat to boiling and cook slowly for an hour and a half. Then stir in ¼ cup of chopped nuts (blanched almonds, English walnuts or pecans), for each orange used,

XXXVI

Fruit Juices

552. GRAPE JUICE.

Use the best quality of Concord grapes freshly picked and just ripe. Stem and wash the grapes, discarding all unsound or soft fruit. Put grapes into a porcelain or granite preserving kettle, allowing 1 pint of water for each 3 quarts of grapes; cook slowly for 15 or 20 minutes; after fruit begins to boil skim occasionally. Pour off the free juice, reserving that which remains with fruit to be strained separately. Allow the first or clearest juice to drip through jelly bags and keep this apart to be bottled separately and labeled "extra clear." Then pour remaining juice and fruit into jelly bags, a small quantity at a time, removing pulp as it is strained, before adding more. This second grade of juice should be bottled separately. It is just as good as the first, but not as clear. When all juice is ready, return the clear and second grade juices, in separate kettles, to the stove and bring to boiling, adding 1 cup of *hot* sugar for each quart of juice. Fill sterilized bottles at once, using new corks. See that bottles are filled full, press the corks in well and set aside where no draft will strike the bottles.

Use remaining skins and pulp for grape butter (see No. 551).

554. CURRANT SYRUP.

Mash currants, cover in an earthen bowl and allow to stand 3 or 4 days to ferment; then strain through a jelly bag and allow 2 pounds of sugar for each pint of juice. Put sugar into porcelain sauce pan and dissolve slowly, adding a half cup of water. Bring to a boil, add the juice and set aside to cool. When cold, fill small clean jars, cover and seal with paraffine. Use in lemonade and other summer drinks.

Syrup may be prepared in a similar manner from raspberries and other small fruits.

555. TOMATO SYRUP.

Select good sized ripe tomatoes, squeeze out the juice and for each pint of clear juice add ½ pound of sugar. Stir until sugar is dissolved, bottle, seal and set away. It will keep for years and makes a delightful beverage for the sick, resembling wine in flavor.

556. CURRANT VINEGAR.

2 quarts black currants.
1 pint vinegar.
1½ pounds white sugar.

Crush the currants well and place in a porcelain dish with the vinegar. Allow to stand 3 or 4 days then strain into an earthen jar; add the sugar, set the jar in a deep pan of cold water and boil for an hour. When cold, bottle. It is the better for keeping.

557. RASPBERRY VINEGAR.

To 4 quarts of red raspberries add vinegar to just cover. Allow raspberries and vinegar to stand 24 hours. Scald and strain; add sugar, allowing 1 pound for each pint of juice; boil 20 minutes, skim well and when cold bottle and seal.

XXXVII

Pickles

558. SWEET TOMATO PICKLE.

1 peck green tomatoes sliced.
4 large onions sliced.

Pour over them 1 cup of fine salt, cover and allow to stand over night. In the morning drain and cook them for 20 minutes in 2 quarts of water and 1 quart of vinegar; drain again. Then take 2 quarts of vinegar, 2 pounds brown sugar, 2 tablespoons each of allspice, cinnamon and cloves and 1 tablespoon of cayenne (put spices in a bag using whole spices where possible) and boil in the vinegar and sugar half an hour; then add tomatoes, allow to stand 15 minutes and put into an earthen jar. When cool cover and set away.

559. CUCUMBER PICKLE.

Use freshly gathered cucumbers, wash, but handle carefully so as not to bruise. For each 100 small cucumbers take 1 pint fine salt, dissolve it in boiling water to cover cucumbers, and turn over them, hot; allow to stand 24 hours, pour off and rinse; then take a piece of alum the size of an egg, dissolve it in boiling water to cover cucumbers, pour over them and allow to stand five hours. Then pour off and rinse; take enough good cider vinegar to cover the pickles, also ½ ounce each of cloves, cassia and mustard seed (whole and tied in a bag), and 1 cup of sugar; cook spices 30 minutes in vinegar and pour, boiling hot, over the pickles which have been packed into an earthen jar; cool, cover and set away.

560. TOMATO CATSUP.

Boil 1 peck of ripe tomatoes until soft; strain and to each quart of juice add 1 tablespoon of salt, 1 teaspoon each of mustard, cinnamon, red and black pepper, and half a nutmeg grated. Boil 1 hour, then add 1 pint of cider vinegar to each quart of catsup. Boil a few minutes and bottle while hot.

561. PEACH MANGOES.

Take unpared, fine large free stone peaches; with a knife cut a slit in the side of each and extract the stones; place in an earthen jar and pour over them boiling water to cover, which has been salted (a tablespoon of salt to a quart of water) and allow to stand 24 hours. Drain and drop into fresh cold water and allow to remain 15 or 20 minutes. Wipe dry, handling carefully and fill each cavity with grated horseradish, white mustard seed (¼ teaspoon mustard seed to each peach), a small piece of ginger root and one or two cloves. Sew up the opening and pack peaches closely into a stone jar. Make a syrup in the following proportions: 1 pint of sugar to 3 pints vinegar; pour boiling hot over the peaches until covered. These are very fine with meats.

562. SPICED CURRANTS.

7 pounds currants.
5 pounds brown sugar.
3 tablespoons cinnamon.
3 tablespoons clove.
1 pint vinegar.

Pick over currants, wash, drain and remove stems. Put into a preserving kettle, add sugar, vinegar and spices, tied in a piece of muslin, heat to boiling point and cook slowly 1½ hours.—(FANNIE M. FARMER.)

563. RIPE CUCUMBER PICKLE.

Cut ripe cucumbers in halves lengthwise. Cover with alum water, allowing 2 teaspoons of powdered alum to each quart of water. Heat gradually to boiling point, then allow to stand on back of range two hours. Remove from alum water and chill in ice water. Make a syrup by boiling 5 minutes 2 pounds of sugar, 1 pint of vinegar and 2 tablespoons each of whole cloves and stick cinnamon tied in a piece of muslin. Add cucumbers and cook 10 minutes. Remove cucumbers to a stone jar and pour over the syrup. Scald syrup three successive mornings and return to the fruit.—(FANNIE M. FARMER.)

XXXVIII

Confectionery

564. SMITH COLLEGE FUDGE.

1 cup brown sugar.
1 cup white sugar.
¼ cup butter.
½ cup cream.
¼ cup molasses.
2 squares bitter chocolate.
1½ teaspoons vanilla.

Boil 8 minutes, adding vanilla after removing from the fire. Beat until cool and thick enough to "set"; pour at once into buttered pan and crease into squares.

565. ECONOMY FUDGE.

1 cup white sugar.
1 cup brown sugar.
½ cup milk.
Butter the size of an egg.
1 square Baker's chocolate.

Cook 8 minutes and after removing from the fire add a teaspoon of vanilla; beat until cool and thick enough to set. Pour into a buttered shallow pan and crease into squares.

566. MAPLE CREAM CANDY.

1 cup maple syrup (or 1 cup maple sugar with a *very little* water to start dissolving.)

Cook the maple until it forms a heavy thread when dipped up on a spoon; then add ¼ cup of rich cream, 1 even tablespoon butter, and cook 10 or 15 minutes longer or until it grains readily when a teaspoonful is stirred in a saucer. Remove from the fire and beat in a cool place until it begins to thicken well, then add a cup of chopped butternut meats (or English walnuts) and continue beating until it begins to grain. Pour into a shallow buttered pan and crease into squares.

567. MOCK MAPLE CANDY.

2 cups brown sugar.
1 cup white sugar.
½ cup cream.
A tablespoon butter.
A pinch of salt.
1 cup chopped raisins.
1 cup chopped nuts.
2 teaspoons vanilla.

Cook first five ingredients 15 minutes after boiling begins. Remove from the fire, flavor, add raisins and nuts and beat until thick enough to set. Pour into shallow buttered pan and mark into squares. Omit raisins if preferred.

568. MOLASSES CANDY.

1 cup molasses.
1 cup light brown sugar.
2 tablespoons melted butter.
1 tablespoon vinegar.

Boil *without stirring* until it hardens when dropped into cold water; then stir in a teaspoon of soda and pour upon buttered plates. When cool, pull until very light and cut into sticks.

569. FRENCH CANDY.

Take the white of an egg and an equal quantity of lemon or orange juice. Mix well together and stir in confectioner's sugar, until the whole is stiff enough to roll into balls. Roll the balls in granulated sugar and enclose a blanched almond in each, if desired.

570. CHOCOLATE CREAMS.

Take 2 cups of granulated sugar and ½ cup of cream; boil 5 minutes from the time it begins to boil hard. Remove from the fire, flavor with a teaspoon vanilla and set into a pan of cold water, stirring until stiff. Then drop with a spoon upon waxed paper and as soon as cool enough, mould into balls or cones.

Dissolve a cake of bitter chocolate in a sauce pan set into boiling water. Roll each of the cream balls in the melted chocolate, lift out on a fork and lay upon waxed paper to harden.

571. CREAM DATES.

Use either the cream candy given for Chocolate Creams or the French candy and before quite hard, use it for filling the cavities of dates from which stones have been removed.

572. CREAM WALNUTS.

Use half meats of English walnuts and press one upon each side of a ball made from French Candy or from the cream given for Chocolate Creams.

573. NUT PATTIES.

Before French Candy is quite firm, stir in chopped walnuts, butternuts or blanched almonds; then spread in patties upon waxed paper to harden or spread evenly and cut into squares.

574. PEPPERMINT PATTIES.

1 cup white sugar.
¼ cup boiling water.
6 drops oil of peppermint.

Pour boiling water upon sugar in sauce pan and boil briskly 5 minutes: do not stir. Remove from range and beat vigorously until thick and creamy, adding, while beating, the six drops of peppermint oil. Drop from the spoon upon paraffine or waxed paper to form patties about 1 inch in diameter. Set aside to cool.

575. BUTTERSCOTCH.

3 cups New Orleans molasses.
2 cups white sugar.
¾ cup butter.
¼ cup water.

Cook briskly 20 minutes; try a little in cold water; when it will become crisp, add ⅛ teaspoon of soda to the boiling mixture. Pour at once into buttered tins and as soon as cool enough cut into squares.

576. STUFFED DATES.

Remove stones from dates, stuff with Neufchatel or Cottage Cheese and roll in granulated sugar.

XXXIX

For Invalids

577. BEEF TEA.

Shred ½ pound of lean beef (rump or round) and allow to stand in 2 cups of cold water for three-quarters of an hour. Put into a glass jar, cover loosely, then set into a sauce pan of warm water and keep over a moderate heat for 1½ hours. Do not allow water to boil or even nearly boil; just keep it fairly hot. Strain the juice through a napkin, add a teaspoon of finely shredded raw lean meat, allow to stand a few moments and add a little salt, when it is ready to serve.

578. BEEF BROTH.

When purchasing meat for broth, ask for the neck, as this is the most nutritious. Chop meat and bone quite small, having about ⅓ as much bone as meat. Put a pound of beef into a large glass jar, add 1 quart of cold water, cover with plate and set into a deep sauce pan of water. Simmer for 4 hours, strain into a smaller sauce pan and boil until reduced nearly one-half; remove all fat and scum.

Seasoning should be influenced by the taste and preference of the invalid. A little celery salt or a stalk of celery, allowed to simmer in the broth, is pleasant. Ground pepper should not be used. If pepper is desired, use a red pepper pod and allow it to remain in the broth for a couple of minutes.

579. BEEF JUICE.

Ask for a thin slice of rump steak, cut away fat and *just sear* over the outside in a broiler or hot pan. Scrape the meat into shreds with a knife, warm a beef press or lemon squeezer in hot water, dry it and squeeze juice from the meat into a glass; place glass in warm water and heat the juice a little, add a pinch of salt and serve.

580. MUTTON BROTH.

Cut into small pieces 1 pound of mutton neck, and put it in a quart of cold water. Cover closely and boil unsalted until it falls to pieces. Strain and add 1 tablespoon of rice or barley which has been soaked in a little warm water. Simmer ½ hour, stir often, then add 4 tablespoons of milk, a little salt and a bit of chopped parsley if liked. If pepper is desired, allow a red pepper pod to remain in the broth for two minutes. Remove pod, simmer again 5 minutes, taking care not to burn it.

Chicken broth may be prepared in the same way. Crack the bones well before cooking.

581. VEAL BROTH.

Trim surplus fat from a piece of veal neck and to a pound of lean (with bone) add a quart of cold water. Simmer gently two hours, strain and cool. When ready to use, remove all fat, put a small quantity of the stock in a sauce pan and heat; salt slightly, season a moment with red pepper pod and add a little soaked rice or barley if desired.

Mutton Broth may also be prepared by this method and in the latter case a bit of onion is sometimes added when first cooking the meat to destroy the mutton flavor.

582. CHICKEN BROTH.

Cut a chicken neatly into pieces, add 3 quarts of cold water and a stalk of celery; cover and simmer slowly for two hours. Carefully remove all fat, strain, salt a little and serve. If desired, a little rice may be boiled with the chicken, being added half an hour before chicken is done.

583. FLAXSEED LEMONADE.

Into a covered vessel pour 1 quart of boiling water upon four tablespoons of flaxseed. Steep without boiling for three hours, then add the juice of 2 lemons and sweeten to taste. If too thick, add more cold water. Excellent for colds.

584. OATMEAL GRUEL.

Pour 4 cups cold water over ¼ cup steel cut oatmeal (or ½ cup rolled oats) in sauce pan. Add ¼ teaspoon salt and cook 45 minutes after it begins to boil, allowing it to bubble gently. Strain, add more salt if liked, also a half cup of sweet cream or rich milk and sweeten to taste.

585. CURRANT JELLY WATER.

Dissolve a teaspoon of currant jelly in a glass of cold water and add one lump of sugar.

586. APPLE WATER.

Mash a baked apple and pour over it a cup of boiling water. When cool, strain and sweeten to taste. Add a little lemon juice if permitted.

587. SLIPPERY ELM BARK TEA.

Break the bark into bits, pour boiling water over it, cover closely, and allow to stand until cold. For summer complaints, add a little sugar and ice; for colds, add lemon juice.

588. TOAST WATER.

Toast a large slice of wheat bread until a deep brown all over, but do not blacken or burn it. Lay the toast in a covered earthen dish, cover with boiling water, cover the dish closely and steep until cold. Strain and unless the physician forbids, add a bit of lemon juice.

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